

HEALTHY  
FRIENDSHIPS

# Types of Friendships

Friendship – a significant relationship between two people

Based on:

- ✓ Caring
- ✓ Respect
- ✓ Trust
- ✓ Consideration



# Platonic Friendship

A friendship with a member of the opposite gender in which there is affection but the two people are not considered a couple



# Casual Friendships

Relationship between two peers who share something in common

- ✓ Classmates
- ✓ Teammates

These are people you may sit with a lunch or school events

Don't form deep emotional ties with these people



# Close Friendships

Strong emotional ties  
Feel comfortable sharing your  
thought, feelings, and  
experiences with them

Trust and support each other,  
kind, courteous, and loyal.



# True Friends

## Common Attributes

- ✓ Similar interest, beliefs, and attitudes on basic issues
- ✓ Open and honest communication
- ✓ Sharing of joys, disappointments, dreams, and concerns
- ✓ Mutual respect, caring and support
- ✓ Concern about each others safety and well-being

# Clique

A small circle of friends usually with similar backgrounds or tastes, who exclude people viewed as outsiders.

Share same attitudes

- ✓ Wear similar clothes
- ✓ Have their own “Turf”
- ✓ Both positive and negative influences
  - Provides a sense of belonging
  - Negative often exclude others.



# Stereotype

An exaggerated and oversimplified belief about an entire group of people, such as a ethnic or religious group or gender



# Forming Healthy Relationships

## Choosing Friends

- ✓ People with healthy attitudes who will support you.
- ✓ People who encourage you to make healthy responsible decisions.
- ✓ Learn to identify positive aspects of a relationship, and to evaluate friendships that may not be positive.



# Building & Strengthening Friendships

- ✓ Be loyal
- ✓ Encourage each other
- ✓ Respect each other

A friend  
loves at  
all times.

- Proverbs 17:17



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