

friends

Learning Objective: Each student will learn skills to make and retain great friendships.

Quiz Reflection:

Video Reflection:

Podcast Reflection:

Goals:

1.
What? _____
Why? _____
How? _____

2.
What? _____
Why? _____
How? _____

3.
What? _____
Why? _____
How? _____

Make sure your goals are:

- 1. Obvious
- 2. Attractive
- 3. Easy
- 4. Satisfying

Final Thoughts:



Access your Online Dashboard
Login at my.schoolpulse.org

Not signed up?
See your instructor for the opt-in code.

friends quiz

This quiz is for your personal awareness. Your answers will be kept completely anonymous.

1. Do you initiate contact between your friends by calling, texting, hanging out, etc.?

- Never Rarely Sometimes
 Often Very often

2. Do you try to create a supportive atmosphere for your friends?

- Never Rarely Sometimes
 Often Very often

3. Do you try to plan activities or events with your friends?

- Never Rarely Sometimes
 Often Very often

4. Do you stand up for your friends when others are treating them poorly?

- Never Rarely Sometimes
 Often Very often

5. Do you remember birthdays and other occasions that are significant events in your friends' life?

- Never Rarely Sometimes
 Often Very often

6. Do you compliment your friends on their looks, intelligence, talents, importance, fashion sense, and other qualities?

- Never Rarely Sometimes
 Often Very often

7. Do you offer empathy, understanding, kindness, comfort, and verbal reassurance to your friends?

- Never Rarely Sometimes
 Often Very often

8. Do you try to help your friends feel better after unpleasant interactions with others (issues at work, family drama, or working through romantic relationships)?

- Never Rarely Sometimes
 Often Very often

9. Do you keep all of your promises to your friends?

- Never Rarely Sometimes
 Often Very often

10. Do you physically help out with the your friends life: show up to take care of things when they are ill, take care of pets, etc.?

- Never Rarely Sometimes
 Often Very often

11. Do you tell your friends how you feel about them?

- Never Rarely Sometimes
 Often Very often

12. Do you try to not talk about your friends behind their backs?

- Never Rarely Sometimes
 Often Very often

13. Are you mentally and socially present when spending time with your friends?

- Never Rarely Sometimes
 Often Very often

14. Do you follow through with your plans with, and commitments to, your friends?

- Never Rarely Sometimes
 Often Very often

Want to learn more about friends, relationships and other mental health topics?

Visit: schoolpulse.org/resources



quiz results

Use your quiz answers to add up your points.

Never = 1 point
Rarely = 2 points
Sometimes = 3 points
Often = 4 points
Very Often = 5 points

Total Points: _____

14-30 - good indication that you can improve your friendship skills	31-42 - some indication that you can improve your friendship skills	43-56 - good indication that you are a good friend	57-70 - strong indication that you are a great friend
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These results are not a diagnosis, if you have questions text us at SchoolPulse.

confidentiality agreement

This class should be a safe place for participants. Participants are expected to keep anything said during this class by other class members confidential. This is not meant to encourage secret-keeping, but rather to protect everyone's privacy and ensure that this class is a safe place to share feelings. Class members are expected to treat one another with respect.

Confidentiality within this class is based on mutual trust. Legal exceptions to confidentiality include a clear or present danger to harm yourself or another, knowledge or suspicion of the abuse or neglect of a minor or incapacitated adult, or any other information legally required to be reported to social services.

I _____, agree to not disclose to anyone outside this class any information that may help to identify another class member. This includes, but is not limited to, names, physical descriptions, biological information, and other specifics about interactions with other group members.

Student Signature

Date