

Types of Friends And Social Media

On the front of this unit in the packet, write at least 3 qualities you think a “good” friend should have.

Friends

- Friends are:
 - Trusted companions
 - People you can share your joys and frustrations with
 - People who believe in you



Types of Friendships

Acquaintances

- People you recognize, but don't really know.
- These are people you say “Hello” to in the hall, but you don't make a point to see them socially. They can be classmates you recognize, friends of friends, neighbors who live in your area, people who ride the same bus as you, etc.
- Peers are usually acquaintances.
 - A group with a commonality
 - Usually your same age
 - Shares common interests

Types of Friendships

Casual Friends

- People you share a common interest with like school or activities.
- It's someone you're assigned to work with on a science project, someone who is on the soccer team with you, attends your church, etc.



Types of Friendships

Close Friends

- Friends you hang out with and share some emotions/personal experiences with.
- These are friends you hang out with, go to the movies with, whose homes you visit and who you invite into your home. You share your feelings, thoughts and ambitions and can argue and express different opinions without being afraid of ruining the friendship.



Types of Friendships

Intimate Friends

- Friends you have had for a long period of time with whom there is a deep sharing of emotions and personal experiences.
- These friends have the freedom to tell you the truth, no matter how it may affect you. They know all about you and you know all about them. Intimate friends don't just appear in our lives, but develop through the other stages of friendship.



Friendships

- Friends can be peers and peers can be friends. BUT...friends are not always peers and peers are not always friends.
- Friendships are the foundation for love and commitment.
- Friends need to develop a good RAPPORT: (Understanding each other in a close relationship).

Friendships

- Next to parents, friends have the greatest influence on your behavior.
- Choosing your friends is one of the MOST critical decisions you will ever make!
- Remember, friends are role models. Who are you allowing to affect your behavior? What kind of friend are you going to be?

Needs that Friends Meet:

- Disclosure: someone to talk to and confide in.
- Feedback: someone to help analyze what your situations and feelings are.
- Empathy: someone to care about you
- Trust: someone who keeps things confidential
- Social Interest: someone to go places with

Group Friendships Give:

- Encouragement
- Safety
- Identity
- Learning
- Discovery
- Closeness



Friendship and YOU

- What are the qualities you look for in a good friend?
- When does an acquaintance become a “friend”?
- Do your friendships typically develop quickly or slowly? Why is this?
- What are some of the difficulties in becoming friends with someone you don’t know very well?
- What are some behaviors you expect from your friends?
- What are some behaviors you would not tolerate in terms of friendship?
- How does one’s ability to listen and communicate impact friendship development?

Friendship Tips

- Choose steady friends who like you for who you are, not inconsistent ones who like you for what you have.
- Make as many friends as you can, but never center your life on them.
- Stop trying to be “popular”. Just be yourself, be nice to everyone, and good things will follow.

Friendship Tips

- Be quick to forgive your friends faults, just as you hope they'll forgive yours.
- If people are gossiping about you or you're being bullied, confront the bully or find a way to live above it.
- When it comes to friendships, stop competing or comparing and start thinking "win-win."
- Remember, you and your friends may change and pursue different interests and that's okay.

How to be a GOOD friend



- Listen to each other
- Don't put each other down or hurt each other's feelings
- Try to understand each other's feelings and moods
- Help each other solve problems
- Give each other compliments
- Disagree without hurting each other

How to be a GOOD friend



- Be dependable
- Respect each other
- Be trustworthy
- Give each other room for change
- Care about each other
- Keep promises and confidences

Making and Being a Friend

- **Be Slow to Judge**
 - Try not to judge others based on first appearance or first impression. Go outside your comfort zone and get to know new people. There is always more to a person than you think. “Strangers are just friends waiting to happen.”

Making and Being a Friend

- Make the Effort
 - Sometimes you have to be proactive and make the effort first. Don't just wait for friends to come to you.

Making and Being a Friend

- Look for Chances to Build Relationships
 - Don't forget the small stuff matters. Find ways to make relationships stronger: do small acts of kindness, say you're sorry, be loyal, keep promises, listen, etc.

Making and Being a Friend

- **Make Yourself More Likable**
 - You can't make people like you. But, you can make yourself more likable. Become aware of your weaknesses and try to improve upon them.

Making and Being a Friend

- **Be Inclusive**
 - Don't be afraid to allow new people into your "group". You never know what you could be missing out on.

Making and Being a Friend

- Treat Unkindness with Kindness
 - It's easy to be nice to people who are nice to you. The challenge is being nice to the mean people. But, it goes a long way in changing behavior.

Making and Being a Friend

- Lift Others

- Are you the negative friend who brings others down? Or, the positive friend lifting others up? Who do you want to be?

Listening

- **Being a good friend means being a good listener. Here is a review of active listening skills:**
 - **Listen with more than just your ears. Your body language should also communicate real interest.**
 - **Give verbal clues that show you are listening closely to what your friend is saying.**
 - **Do not interrupt.**
 - **Don't shift the attention from your friend's problem to one of your own.**

Listening

More listening tips:

- Do not spend too much time planning your next response that you don't hear what is being said.
- Try not to let your emotions get in the way of hearing.
- Don't rush the conversation.
- Don't try to solve the problem. Just be there as a support. Your friend needs to find the solution on their own.

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What is a Toxic Friend?

•Unsupportive

• Takes, Takes, & Takes

• Stifling

• Gives Nothing Back

•Unreliable

• Overly Demanding



Warning Signs of a Toxic Friend

**THEY TALK
ABOUT
EVERYONE...EVEN
YOU!**

- Her neighbor is stupid. Your cousins are fat. His coworkers are nosey. And did you hear about who Stacy was hanging out with last night?

**Red Flag
Warning
Issued**

Here's a clue, if your friend gossips about everyone don't think for one moment that they aren't gossiping about you!

THEIR "WORLD" IS
ALWAYS WORSE
THAN YOURS.

- Drama, drama, drama!!!
 - You mention how you were late to an important meeting because you forgot to fill up the tank, and you had to stop and get gas.
 - Toxic friend tells you, "That's nothing! This one time I was late to work because my boyfriend took my car to go somewhere and he didn't come back on time and I had to report it stolen because I forgot that he still had the car...." (You get the point.)
- Whatever you say is "nothing" because their life is always so much worse.

**Red Flag
Warning
Issued**

YOUR POSITIVES
ARE THEIR
NEGATIVES.

- You just got a promotion. Toxic friend doesn't congratulate you; instead he points out how you'll have to work more and you probably didn't get that much of a raise anyway. He also mentions how others at work will probably hate you because you are now their boss.

**Red Flag
Warning
Issued**

They cannot be happy for you because it did not happen to them.

THEIR MOTTO IS
"JUST KIDDING! I
LOVE YOU!" OR "NO
OFFENCE, BUT..."

- You are eating a cheeseburger and she calls you a cow...Just Kidding!
- He says, "No offence, but your shirt is really ugly!"
- They always insult you, but say "Just Kidding" afterwards.

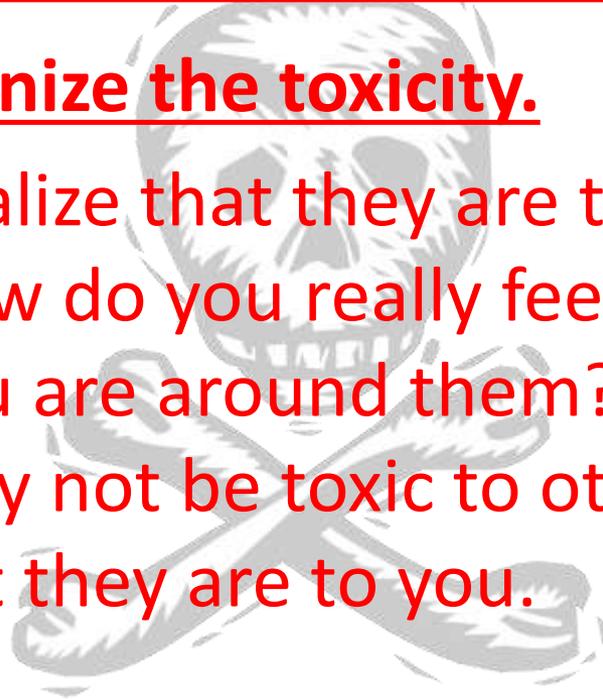
Guess what....it's still an insult!

**Red Flag
Warning
Issue**



How to Handle a Toxic Friend?

- Recognize the toxicity.
 - Realize that they are toxic. How do you really feel when you are around them? They may not be toxic to others, but they are to you.

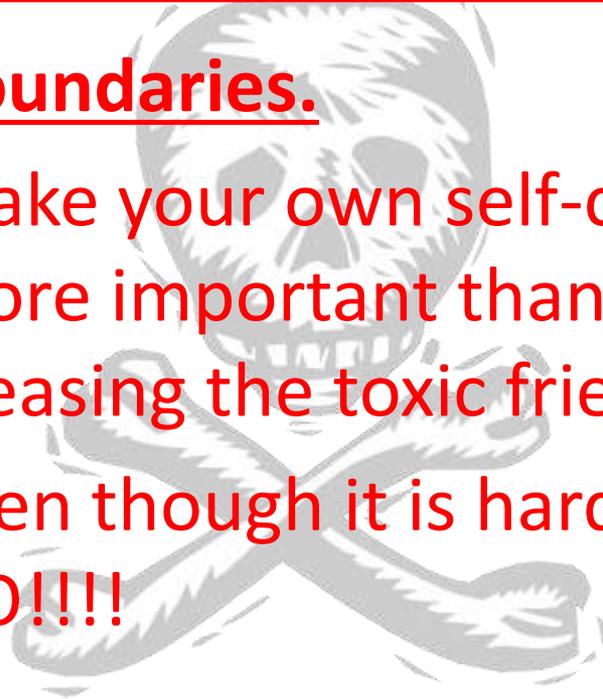


How to Handle a Toxic Friend?

- Take responsibility.
 - By continuing a toxic friendship, you're allowing your friend to hurt you, but you're also hurting yourself.
 - Are you a people pleaser? Do you have a hard time standing up for yourself?
 - Even though we want our friends to like us and to have them rely on us, take responsibility for toxic friendships and how they make you feel.

How to Handle a Toxic Friend?

- Set boundaries.
 - Make your own self-care more important than pleasing the toxic friend.
 - Even though it is hard, SAY NO!!!!



How to Handle a Toxic Friend?

- **Talk to your nontoxic friends.**
 - See if they can help you gain an objective opinion about your toxic friend.
 - Do not use it as a gossip session to talk about or bag on your toxic friend. It is meant for asking advice and gaining new insight into the friendship.

How to Handle a Toxic Friend?

- Suggest help.
 - Although it is a sensitive subject, you may suggest that your toxic friend seek help to sort out their career, emotions, family, etc.
 - Suggest help in a loving way and tell them that you will be supportive every step of the way.

How to Handle a Toxic Friend?

- End the friendship.
 - It is difficult to end any friendship. It is not fun and it hurts. However, the friendship is doing more damage and hurting worse than the breakup will be.

Social Media & Friendship

• How does social media impact friendships?

<u>Pro's</u>	<u>Con's</u>
Improves relationships and helps to make new friends	Less to say in person/lack of in-depth conversation
Can enable face-to-face meetings	False sense of true friendship by how many "friends" or "likes" they have
Helps people become connected with social groups	More comfortable posting inappropriate content that can never be taken back

Cautions of Social Media

- Possible consequences of using social media negatively include:
 - Social rejection
 - Bullying/Cyberbullying
 - Gossiping
 - Sexual harassment
 - Abuse



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Cyberbullying

Social Media & Your Future

- Your use of social media can impact your future opportunities. Think about the consequences BEFORE putting something online!
 - How is it going to make others feel?
 - Is it really that important to post?
 - Could it impact your future career/life?
 - Could it impact someone else's future?
(Friends, family, co-workers, etc.)

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What will your digital reputation be?

