



# Safe and supportive friendships help cultivate healthy values

## Who you choose to spend your time with shapes your values and identity.

One of the most important parts of figuring out who we are and what we stand for involves our friendships. We need helpful friends to support our emotion regulation. Our friendships can change while we work out what we stand for. They can shape our identity and values. Even though we may not notice at first, the friends we spend the most time with shape our values. Deciding who we spend our time with can either bring us closer to, or further away, from the person we want to be. If we match our friends with our values, they can help us act in ways that are consistent with our own values.

### MATCH YOUR FRIENDS TO YOUR VALUES

Working out who to spend your time with and where to put your friendship energy is worthwhile. Healthy and safe friendships can make you feel like you belong, support you when you need it, and improve your mood. Safe and healthy friendships are associated with overall wellbeing. Direct your energy at positive, healthy friendships that match your life values.

Below are some examples of what helpful and unhelpful friendships might look like.

#### HELPFUL FRIENDSHIPS INVOLVE:

- HONESTY
- CARE
- TRUST
- RESPECT
- KINDNESS
- FUN
- LISTENING
- SUPPORT
- MOTIVATION
- SHARED VALUES
- TALKING OPENLY

#### UNHELPFUL FRIENDSHIPS INVOLVE:

- PRESSURE
- CONTROLLING BEHAVIOUR
- FEELING LEFT OUT
- TEASING
- FORCING YOU TO DO THINGS
- NOT LISTENING
- AGGRESSION
- THREATENING
- MANIPULATION
- MAKING FUN OF YOU



Safe and helpful friendships help you grow values that support a healthy identity.