



# 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.



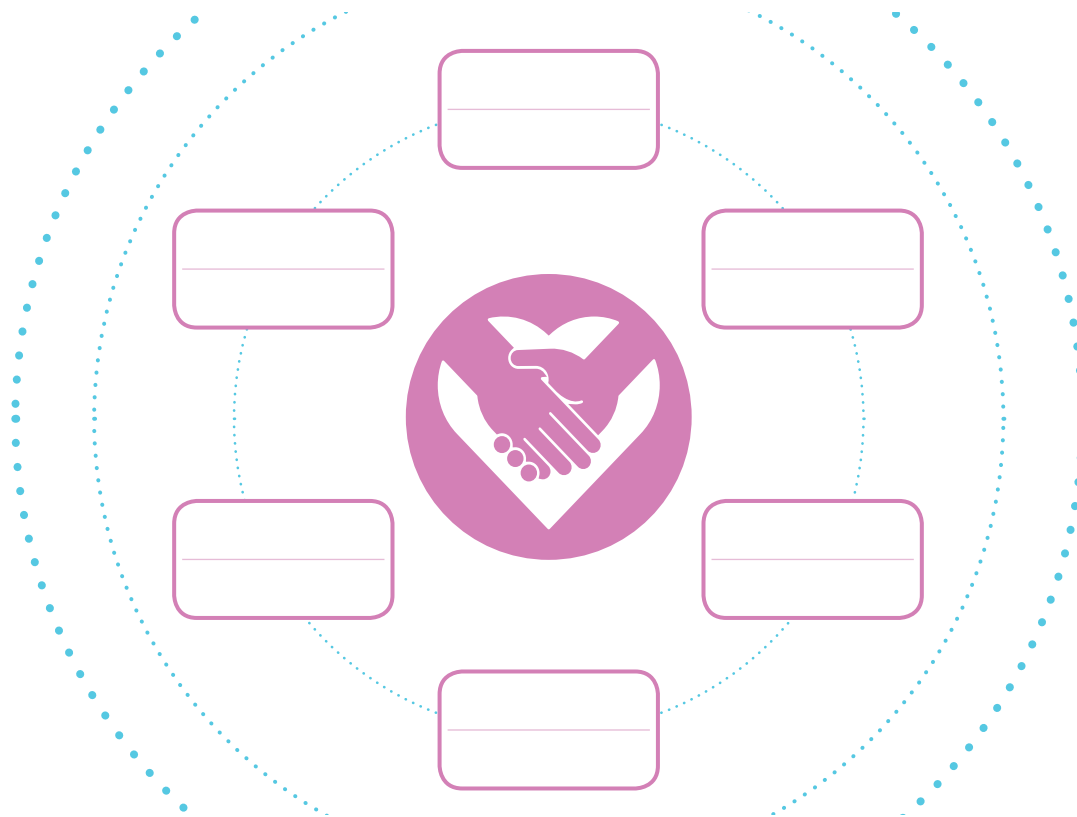
### WHAT DO YOU NEED IN HELPFUL FRIENDSHIPS?

What qualities or characteristics do you look for in a friend. Tick the 5 most important to you:

- |  |                                      |                                      |                                     |
|--|--------------------------------------|--------------------------------------|-------------------------------------|
| <input type="checkbox"/> Share interests | <input type="checkbox"/> Independent | <input type="checkbox"/> Artistic    | <input type="checkbox"/> Supportive |
| <input type="checkbox"/> Funny           | <input type="checkbox"/> Smart       | <input type="checkbox"/> Wise        | <input type="checkbox"/> Athletic   |
| <input type="checkbox"/> Exciting        | <input type="checkbox"/> Adventurous | <input type="checkbox"/> Honest      | <input type="checkbox"/> Quirky     |
| <input type="checkbox"/> Unique          | <input type="checkbox"/> Kind        | <input type="checkbox"/> Trustworthy | <input type="checkbox"/> Wealthy    |

### MAPPING MY FRIENDSHIP CIRCLE

Think about your own friendship circle. Who are the friends that you spend the most time with or have the closest relationship to? Write down their name below in your inner circle.



Think about the friends that you have put in your inner circle above. Are these friends helpful or unhelpful in terms of your values or your goals about substance use or offending? Do they support what you stand for and how you want to live your life? Do these friends have any of the characteristics that you have identified in the box above? If they do, write these under their name in your inner circle.



### PRACTICE & REFLECT

During the next week, notice when a friend acts in a way that is helpful, such as supporting you to make positive changes. Tick it off in the calendar on the days you notice helpful behaviour.

- |                       |                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <b>MON</b>            | <b>TUE</b>            | <b>WED</b>            | <b>THUR</b>           | <b>FRI</b>            | <b>SAT</b>            | <b>SUN</b>            |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |