



Navigating Relationships

Be Kind

Generally nice people have good relationships with those around them. Say hi to kids at the park, at school or on the field, smile often, play fairly, listen, and laugh.

“You can make more friends in two months by becoming interested in others than you can in two years by trying to get other people interested in you”
-Dale Carnegie

Be Loyal

You want to be the friend, the brother or sister, or the son or daughter that others can count on. Loyalty is speaking positively about others, and keeping their private information private.

Be Encouraging

Cheer others on, saying “Good job” or “Way to go”. Encouraging people have positive relationships because they live others-centered instead of self-centered lives.

Be Respectful

Treating others-no matter how similar or different they are from yourself- with value and respect. Being respectful means listening when others speak, appreciating different ways of doing things, following through with commitments, and including others.

Be Thoughtful

Ask questions to show you are interested in their lives. Be intentional, noticing the needs of others. Offering food or drink to a friend, or letting them go first shows thoughtfulness.



Essential Friendship Making Skills

Using Eye Contact

Listening During a Conversation

Introducing yourself to new people

Saying no

Resolving conflicts effectively

Starting a conversation

meeting new people

Joining in

Handling rejection

Staying calm

Encouraging others

Asking permission

Apologizing

Sharing & Taking Turns

Bouncing back

Being a problem solver

Suggesting an activity

Sticking up for yourself

Identifying & expressing your emotions

Accepting criticism

Compromising, & Negotiating

Using etiquette and manners (Saying thank you, please, excuse me)



Having a good relationship with mom, dad and other adults in your life

Spend time together

It might be easy to be physically in the same place as your parent or guardian (like at home – it's where you all live, after all.) But how much time do you spend just enjoying each other's company? Instead of playing a computer game or watching TV, maybe ask your mom and dad to play with you. Go outside together, try a board game, or read a book out loud.

Share your feelings & Ask for help

Many kids say they'd like their parents to help them when they're upset. But your parent or guardian might not know that you're having a problem. Tell a parent if you're sad or struggling with something.

Do your best at whatever you do

You don't have to be perfect, but when you do your best, you make your parents or guardians proud. It makes them happy to see how you're turning into such a great kid. Why? Because it lets them know they're doing a good job.

Be kind

Little things might mean a lot to your parent or guardians. You can brighten their day with a hug, a card, or a joke. It's also lovely when a kid offers to help fold the laundry or cleans up his or her room without being asked.

Show you care

Some families are always kissing, hugging, and saying, "I love you." Other families aren't as lovey-dovey. But it's important to show that you care for each other. In addition to kisses and hugs, kids and parents show their love by respecting each other, and being caring, polite, and thoughtful.