

Supporting Healthy Friendships

An important part of helping the individuals you support make friends is to talk about what healthy friendships look like over time. Friendships help people lead much fuller and more enjoyable lives. When people have friends, everything is better!

Talk about what a real friend looks like, sounds like, and acts like. For example, friends talk to, and listen to each other. They also show empathy and understanding when needed.



Help the individual understand what a healthy friendship means. It usually means feeling good, safe, and supported. In a healthy friendship, people talk and can work out their differences.



Ongoing feelings of sadness, anger, or fear may be a sign of an unhealthy friendship. Make sure individuals know where to go and who to talk to when they have these feelings.



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Supporting Healthy Friendships

An important part of your job is to help the individuals you support make friendships that will last over time. This helps people lead much fuller and more enjoyable lives. When they have friends and family in their lives, everyone wins! The first thing to do to help an individual make friends is to talk about what a healthy friendship looks like.

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