

Discovering Life Skills

Chapter 3: Your Friendships

Chapter Summary

Friendships begin and develop when people meet and like each other. Good friendships are based on a give-and-take relationship. Friends share and contribute to each other's lives when they enjoy good times, help each other in bad times, accept each other as they are, and encourage and support each other. Good friends are supportive, caring, trustworthy, dependable, and reliable. Your friendships will grow, develop, and change throughout your life.

Positive peer pressure gives you a sense of belonging and encourages positive behavior. Negative peer pressure encourages participation in unsafe or unhealthful behaviors that go against your values. When faced with negative peer pressure, say "no" and walk away. Negative peer pressure can cause more than regrets. You will be better prepared to handle negative peer pressure if you learn how to use refusal skills and to act assertively.