

Your student's friends will determine the direction and quality of their life. So it **REALLY** matters who their friends are. We've created an illustration to help them choose great friends and have healthy friendships. ➡



AFTER HANGING OUT WITH...

-  **Green friends**, you usually feel seen, known, and supported.
-  **Red friends**, you might feel like you're not enough or like you have to change who you are to fit in.
-  **Yellow friends**, you might feel great or you might feel frustrated. It depends on the situation.

Use the questions below to start a conversation with your student about their friends. But first, check out some pro-tips for when and how:

WHEN?

- In the car when you're both looking forward
- At bedtime when they're feeling chatty
- Any time they're procrastinating homework

HOW?

- Have a posture of curiosity—listen more than you speak.
- Start with easy, surface questions.
- Gradually take the conversation deeper.

ASK "WHEN YOU THINK ABOUT YOUR FRIENDS, WHO..."

- Do you have the most fun with?
- Makes you feel good about who you are?
- Do you want to be more like?
- Makes you feel frustrated?
- Makes you feel like you're not enough?
- Feels the most unpredictable?
- Do you want to spend more time with?
- Less time with?