

# Ways to be a Good Friend

- ♥ **Be an UPstander.** *Be there for your friends when they need your help, your comfort, and your friendship. Reach out to others in trouble.*
- ♥ **Be Honest and Keep Your Promises.**
- ♥ **Be helpful.** *Everyone needs help from time to time.*
- ♥ **Respect your friends, their feelings, and their possessions.**
- ♥ **Be a bucket filler.** *Give lots of warm fuzzies.*
- ♥ Know that it's OK to be mad – it's **not** OK to be mean.
- ♥ **Don't respond** to bullying/negative behavior by *bucket dipping*. *Use your lid.*
- ♥ **Be accepting of others' differences** (in fact – **celebrate** them!) *Think clear thoughts.*
- ♥ **Hang out with friends who make you feel good about yourself.**
- ♥ **Don't just say, "Sorry!"** Show when you are sorry:
  - Take *responsibility* for your hurtful behavior by making amends (apologize – make it better).
  - Report bullying behavior to a caring adult.
- ♥ **Be a forgiving friend.** *Everybody makes mistakes now and then. **Accept** an apology with forgiveness.*

