



Name:

Date:

Choosing Friends: Independent Learning Guide

The role models in the video "Choosing Friends" share advice on what makes a good friend and how to choose your friendships.

Watch the video "[Choosing Friends](#)" at least once. Then read each statement below. Think carefully about each question before you answer it.

1. The video explains that "your friends are people you can trust." This means a true friend is someone who is honest.

What are two ways you can tell that a friend is someone you can trust?

2. The video says to "be selective" when choosing friends. Another way to say this is to be choosy.

What is the **opposite** of being choosy, or selective? Why is it important to be selective with your friends?

3. A speaker in the video reminds listeners to “make sure the people around you have similar interests.”

What are some interests you and a friend have in common?

A class in school that you both like: _____

An activity outside of school that you both enjoy: _____

A cause that you both care about: _____

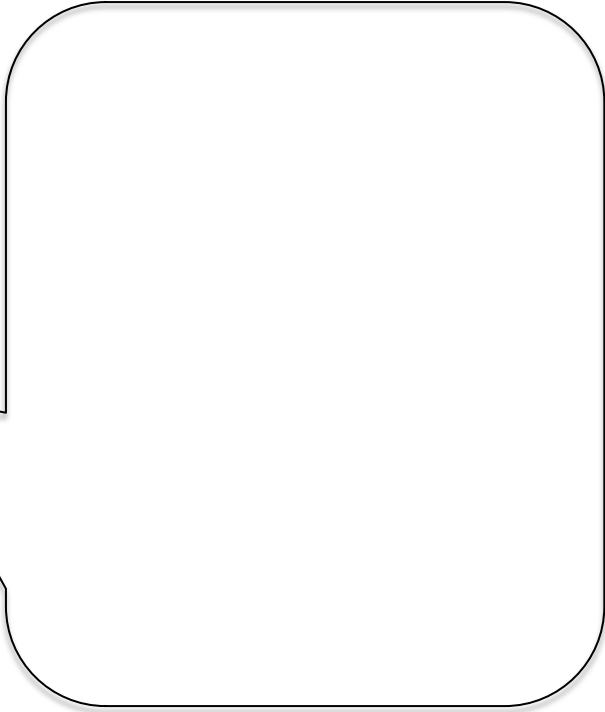
4. In the video, listeners learn that it’s important to “say no” to a friend who wants you to do something you know you shouldn’t.

You can practice saying “no” to make this easier. Try it here:

What can you say?

Your friend says:

Hey! Do you mind if I copy your math homework just this once? Pleeeeease?



5. In the video, you learn that it's okay for friends to let each other know when they do something that's "not so cool."

What would you say to a friend who does something that is "not so cool?" Complete the sentence to show what you could say in each situation.

A friend borrows your science notes without asking:

"Hey, you know, that probably wasn't the best thing to do. Maybe next time you could _____."

A friend repeats an unkind rumor about someone you know:

"Hey, you know, that probably wasn't the best thing to do. Maybe next time you could _____."

6. In the video, a speaker says that "friends might challenge you at times." Another way to say this is that your friends might not always agree with you!

Do you think good friends can disagree and stay friends? Explain your answer.

7. The video points out qualities that are important in a friend.

What qualities do you look for in a friend? Complete the chart to tell what they are and why they matter to you.

A Friend Is . . .	This Matters to Me Because . . .
trustworthy	You need to count on your friends to do the right thing.