



Name:

Date:

Choosing the Right Friends: Independent Learning Guide

The role models in the video "Choosing the Right Friends" share advice about selecting friends. Good friends share many of your values and interests.

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

- 1. The video explains that choosing friends should be about more than "who you sat next to on the first day" of school. This means that you should be deliberate about making friends instead of simply leaving it to chance.

What steps have you taken in the past to choose good friendships for yourself? What can you do in the future to ensure that you surround yourself with good friends?

- 2. In the video, listeners learn that real friends "push you to try harder." Sometimes, it may be uncomfortable when someone holds you to high standards.

How have your friends supported you or pushed you to try harder in the past? How did you feel?



- 3. You heard someone in the video say, "Who you are friends with and the values and characteristics that they embody will become the values and characteristics that you embody." This means that the people you choose to be friends with shape your life and your experiences.**

How have your friends influenced you? Have these influences always been positive?

- 4. You learned in the video that it is important to be intentional when you select friends because good friends support you and encourage you to do your best.**

What could happen if someone is surrounded by unhealthy friendships? How might their life be different if they surrounded themselves with positive friendships?

- 5. Multiple role models described how good friends are supportive and encouraging. Good friends can help you through hardships and offer advice.**

What great challenges have you faced in your life, and how did your friends support you? Have you ever supported a friend through a challenge?

6. The speakers in the video explain many of the qualities of a good friend.

What qualities do you think a good friend has? Complete the sentences below with your ideas. We did one for you!

A good friend _____ *is trustworthy and doesn't gossip* _____ !

A good friend _____ !

A good friend _____ !

A good friend _____ !

A good friend _____ !

A good friend _____ !

7. You learned in the video that good friends support you and help you reach your goals.

Use the comic boxes below to illustrate a story showing at least two good friendship qualities. You can also choose to include words.

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