Healthy friendship vs. Unhealthy friendship

When you are with certain friends do you feel happy and uplifted? Do other friends leave you feeling sad and not good about yourself? Write an “H” next to the phrase you think describes a healthy friendship and a “U” next to the phrase you think is unhealthy. Discuss your findings with a parent, counselor or other supportive adult to find ways to keep your friendships positive.

_____ Your friend doesn’t mind if you sometimes want to hang out with others.
_____ Your friend calls or texts you several times a day and gets upset if you don’t answer right away.
_____ Your friend doesn’t want you hanging out with any of your other friends anymore.
_____ Your friend listens so you and respects your opinions
_____ Your friend pressures you into doing things that you don’t want to do.
_____ Your friend gets upset whenever you tell them “no”.
_____ Your friend is honest with you. Your friend is supportive of your goals.
_____ Your friend gets jealous when you are talking to other friends.
_____ Your friend never has anything good to say about your other friends or family.
_____ Your friend trusts you and doesn’t get mad when you do thing without them.
_____ Your friend yells or communicates assertively with you whenever they are upset.
_____ Your friend listens to your needs.
_____ Your friend points out your flaws, calls you names or makes you feel bad about yourself.
_____ Your friend puts their hand on you whenever they get upset.
_____ Your friend wants you to spend all of your free time with them.
_____ Your friend asks you to lie or hide things for them.

Can you think of any other signs of a healthy friendship?

What about unhealthy friendships?