



COPING WITH FRIENDSHIP ISSUES

Friendships can be amazing, but they can also be difficult sometimes. It's okay to struggle.
You're not alone, and things can get better.



Real friends lift you up, not bring you down.

You can't change how others behave, but you can choose how YOU respond.

FRIENDSHIPS AREN'T ALWAYS EASY

It's normal to experience:

- Arguments or disagreements
- Feeling left out
- Being let down
- Jealousy
- Changing friendship groups



Remember: You're not the only one who finds friendships tricky sometimes.

TYPES OF FRIENDSHIP ISSUES

You might be dealing with:

- Falling out with a close friend
- Feeling ignored or excluded
- Friendship changes over time
- One-sided friendships
- Drama or gossip
- Online friendship problems

Every issue is valid. Your feelings matter.

WHAT HEALTHY FRIENDSHIPS LOOK LIKE

- You feel respected and accepted
- You can be yourself
- You support each other
- You trust each other
- You communicate openly
- You have fun together!



Surround yourself with people who bring out the best in you.

DEALING WITH DIFFICULT SITUATIONS

1 SAY HOW YOU FEEL

Use "I" statements to express yourself.

I feel hurt when you don't reply to my messages.

I feel left out when I'm not invited.

Be honest and calm.

2 LISTEN & UNDERSTAND

Try to see things from their point of view.



Good listening can solve a lot of problems.

3 SET BOUNDARIES

It's okay to say no to protect yourself.



Boundaries = self-respect.

4 TAKE A BREAK

Sometimes space helps everyone.



Step back. Breathe. Give it time.

5 DECIDE WHAT'S BEST

Not every friendship is meant to last.



Choose what's best for your wellbeing.

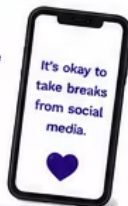
IF YOU'RE BEING TREATED UNFAIRLY

- You don't deserve to be ignored or put down.
- Speak up or walk away.
- Talk to someone you trust.
- It's okay to outgrow friendships.
- Your mental health comes first.

You deserve kindness, respect and loyalty.

ONLINE FRIENDSHIPS: STAY SAFE

- Be careful what you share
- Not everyone is who they say they are
- Don't feel pressured to respond
- Block and report if needed
- Talk to a trusted adult if something feels wrong



Your safety matters – online and offline.

THINGS YOU CAN CONTROL

Focus on what YOU can control:



Your attitude



Your actions



Your choices



How you treat others



Your self-care



Who you spend time with

You can't control others, but you can control YOU.

FRIENDSHIP CHECK-IN

Take a few minutes to reflect:

- ☐ Do I feel good after spending time with this person?
- ☐ Do we respect each other?
- ☐ Can I be myself around them?
- ☐ Do we support each other?
- ☐ Is this friendship healthy for me?

If you answered "no" to a few, it might be time for a change.

WRITE IT OUT

Journaling can help you understand how you feel.

How are you feeling about your friendships right now?

Writing it down can help you figure it out.

SELF-CARE REMINDERS

Look after YOU while you navigate friendship challenges.



Get enough sleep



Eat well



Move your body



Do things you enjoy



Talk to someone

Take care of yourself first – you can't pour from an empty cup.

AFFIRMATIONS

Read these when you need a reminder:

- I am enough.
- I deserve real, loyal friends.
- I choose people who choose me.
- I am proud of who I am.
- I let go of what no longer serves me.

You are worthy of amazing friendships.



IT'S OKAY TO HAVE UPS AND DOWNS IN FRIENDSHIPS.
BE KIND TO YOURSELF, KEEP GROWING AND TRUST THE RIGHT PEOPLE
WILL STAY IN YOUR LIFE.



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