

How to be a good friend in school

Being a good friend sounds easy but sometimes we need to remind ourselves that small things can make a big difference to others. A hi can mean everything to someone who is lonely or bullied.

Try this

Say hi

Say “hi” to everyone every day.
It will make others happy!

Comfort

If you notice that someone is sad, try to comfort them. Sit next to them, hug them (if both of you want), or ask if there is anything you can do to help.

Invite

If you see that someone is feeling lonely, ask if he or she wants to join and play.



Apologise

Say I’m sorry if you do something wrong. It is brave to apologise when you have done something you regret.

Speak up

If someone is mean to another person, speak up to show that it is never okay to be mean. You can tell the person directly or tell an adult.

What makes a good friend? Can you be that friend to others?

Contact Friends if you have any questions about bullying, loneliness, racism, etc



Email

radgivning@friends.se



Phone

08-545 519 90



Contact form

www.friends.se

Want to learn more about bullying and what everyone can do to stop it?

Friends has a knowledge bank with advice, support, and knowledge about bullying and how you can help create a world free from bullying!

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