

# Self-Esteem Angel Ezine for Kids & Teens

## TIPS ON FRIENDSHIP

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**Celebrate  
International  
Friendship Day!!**



**JULY 30**

## JULY BOOK OF THE MONTH

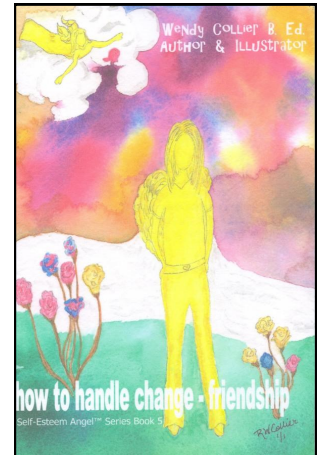
Madison's first assignment as an Angel is a success. She helps April deal with her concerns about starting a new school and not being able to see her friends from last year.

Madison gives April advice on how to handle change and keep in touch with her 'old' friends.

The Self-Esteem Angel shares insights on how to make things work when her 'old' and 'new' friends don't get along. They discuss how friendships naturally grow and change as we go through life.

Do you have 'spiritual friends?' Find out what the Self-Esteem Angel means by 'spiritual' friends.

*Show your friends how much they mean to you with a book that talks about how wonderful friends can be!*



**Buy Now!**

# Friendship Tips & Tools

Every friend you have will teach you a variety of things about how to be a better friend and what kind of things you'd like to have in a friend. Some of the qualities you might look for in a friend might be things like having common interests and activities; being a good listener; and having a willingness to work on the friendship to improve it.



## SHHHH, IT'S A SECRET!

One of the qualities to look for in a friend is being able to talk about anything and everything. You want to be able to trust and have faith that whatever you talk about with your friend will stay between the two of you.

If you are going to share something personal that you don't want others to know, make sure you communicate very clearly, that it is important to you that she keep the information to herself. If it is something too personal to be sharing, you might want to consider very carefully what to share with your friends. If a friend breaks this trust it is hard to trust that friend going forward.

## ARE THEY TALKING ABOUT YOU?

If you see your friend talking to another friend of theirs, don't assume that they are talking about you. There are many things they could be talking about like homework, what they're doing for activities or just even a new song they like.

## IS SHE STILL YOUR FRIEND?

Sometimes when your friends speak to other friends, you might wonder if she will continue to be friends. Just because your friend is talking to other friends or spending time with other friends does not mean they will no longer be your friend. You will have a variety of friends throughout your life and they will have different purposes.



## YOUR A.C.T.I.O.N. STEP:



Write in your journal which qualities you would like in your friends and which qualities you have that make you a good friend. When something happens to end a friendship, write about your feelings, then rip it up and let it go. Ask yourself the following questions and journal the answers. This will help you in future friendships.

"What did you learn from this experience?"

"Which qualities did this friend have that you did not like?"

"Which qualities did this friend have that you did like?"

## AFFIRMATIONS EMPOWER YOU!

Write down this affirmation and say it over and over. Affirmation: "I trust and I have faith that every friend will teach me an important lesson about being the best kind of friend that I can be."

*Most importantly you must choose to trust and have faith that you will meet new friends. There are plenty of "friends in the sea"; you'll see.*





## STAY IN TOUCH

The end of school can also mean the end of friendships. Whether your friends are moving away or simply changing schools, this can be hard to overcome. It doesn't have to mean the end of your connection to them, especially if they are the kind of friends you do feel close to.

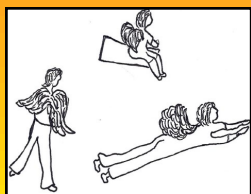
One of the neatest advantages of technology is it does make it much easier to stay in touch with your friends no matter where they are. That is why texting has become so popular. You can send your friend a quick message that lets them know you are thinking of them.

If you don't text, don't underestimate the value of emails and phone calls. With an email you are able to give more detail as to what is going on in your life and friends appreciate knowing, because true friends are always thinking about you.

One advantage to phoning is you get the personal human connection that is missing from the digital messaging world. Nothing can replace hearing your friend's voice, their laugh, the empathy as you talk about what's not working in your life and the sheer joy when you are talking about the positive things.

## SUMMER FRIENDSHIPS

One of the things you can look forward to is meeting friends while you are on vacation. We have met some really cool friends on vacation, making strong connections that I would not have thought possible in a short space of time.



The one thing you have in common right away is enjoying the area you are visiting. This gives you something to talk about because you can share where you've been, what you've seen and what was fun. They will share their experiences with you and you never know when you will discover something amazing that you might not have known.

Some of these connections may lead to lasting friendships that you will treasure for a long time.

Learn more tips about friends. [Pinky Swear Friends Article](#)

## COMMUNICATE WITH RESPECT

Whether you are texting or emailing your friends, here are a few tips to keep in mind:

- ◆ When you are spending time with one friend don't text another friend, focus on the person you are with.
- ◆ Never text or email when you are fighting or angry with a friend, wait until you can talk things through.
- ◆ Be aware of each environment you are in and who you are with, it is rude to text in certain situations like church, movies or classes. If you are not sure if it is appropriate, ask an adult.
- ◆ You are responsible for what you say in every type of communication, so watch your words and make sure you don't engage in gossip, put downs and bullying.
- ◆ When texting, if you would not say the words to the person's face don't text them. Take some time to think about it first.
- ◆ Don't give bad news in a text.
- ◆ Don't assume the people you send a text message to read them right away. If it's important, phone.
- ◆ Do text to confirm plans.
- ◆ Don't text when you know your friend is involved in an important activity.
- ◆ Watch the tone of your words, it is easy for misunderstandings to occur in both texts and emails and you can lose friends easily this way.
- ◆ As a family come up with a plan for having phones off or on and stick to the plan.
- ◆ Use ALL CAPS RARELY in texts, posts and emails; it is the equivalent of shouting, according to Michelle Golden, Social Media Consultant.

