

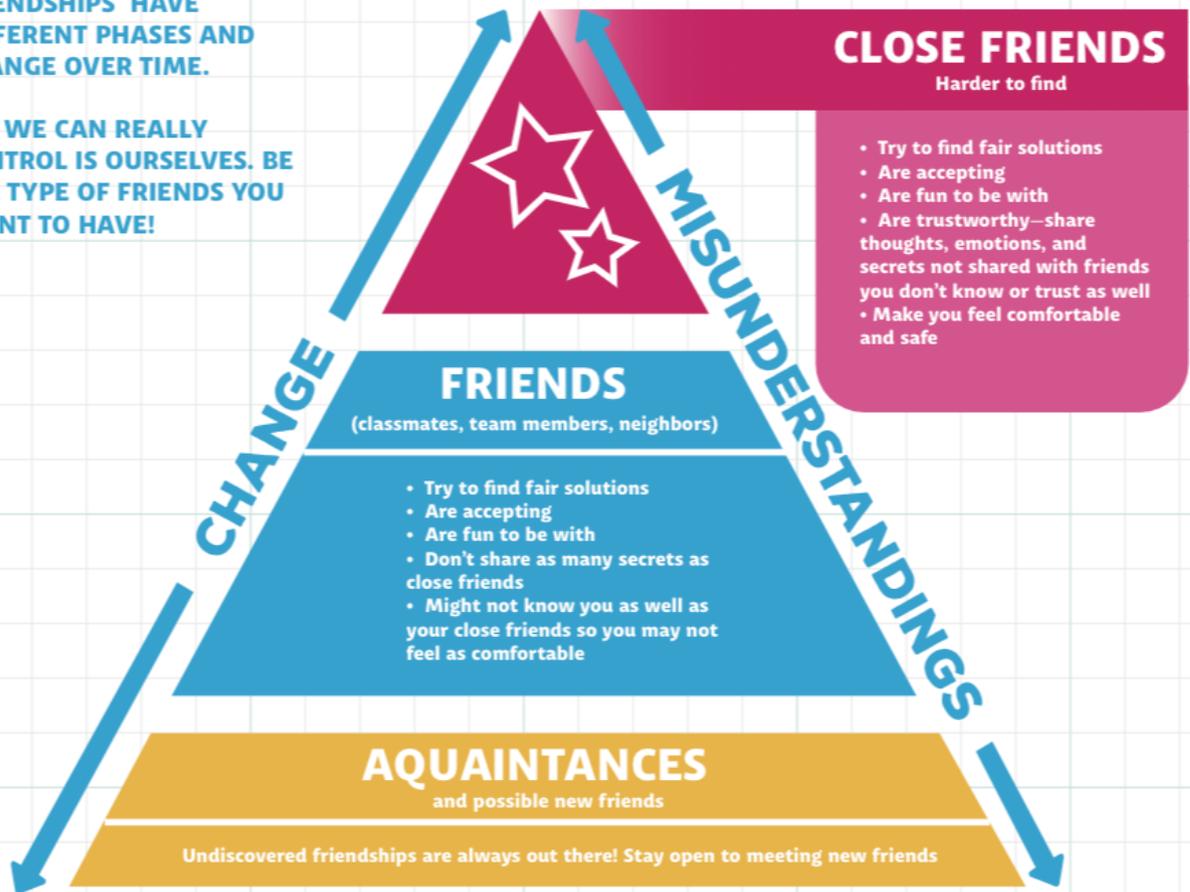


FRIENDSHIP PYRAMID



FRIENDSHIPS HAVE DIFFERENT PHASES AND CHANGE OVER TIME.

ALL WE CAN REALLY CONTROL IS OURSELVES. BE THE TYPE OF FRIENDS YOU WANT TO HAVE!



NOT REALLY FRIENDS (NRF)



Be cautious and kind

- Are nice to you some days, mean other days
- Are untrustworthy—gossip and spread rumors
- Are unaccepting—leave you feeling uncomfortable being yourself
- Are unsafe—ask you to do things you feel uncomfortable with

IMPORTANT: Everyone changes!
Over time, NRF's can learn friendship skills.

From BFF or NRF (Not Really Friends)?
A Girls Guide to Happy Friendships