

# Friend or Frenemy?

Sometimes a friendship can turn toxic. Toxic friendships are relationships that make you feel bad about yourself or are harmful to your well-being. Use the checklist below to check the health of your friendship.

Friend		Frenemy	
	Encourages you		Tries to make you feel bad about yourself
	Gives you compliments		Puts you down
	Points out your mistakes in a kind way, wanting to help you		Criticizes your mistakes
	Hangs out with you in public		Ignores you
	Listens to you		Is concerned about themselves first
	Stands up for you		Makes you feel unsafe sometimes
	Willing to talk and work through problems		Unwilling to work through problems-wants to stay upset with you
	Invites you to join in		Leaves you out often
	Understands when you say "no"		Pressures you to do things you don't want to do
	Is okay with you spending time with other people		Gets jealous when you speak or hang out with others
	Treats you with respect		Gets physically or emotionally aggressive with you

If you find your friend has turned into a frenemy, turn the page to see some strategies you can try for managing this relationship. Remember: You deserve to have positive, healthy relationships.

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## IF YOU WANT TO SAVE THE FRIENDSHIP:

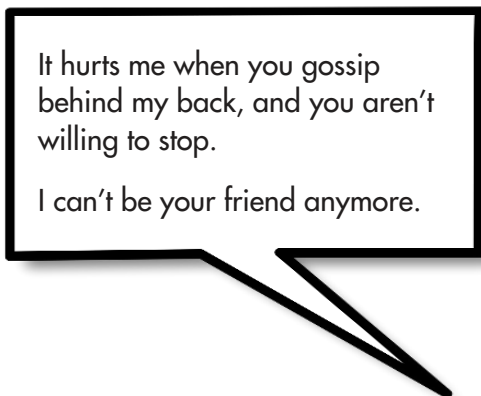
Try setting boundaries. A boundary sets a rule for how someone can treat you. When you set a boundary, focus on telling them how their words or actions made you feel. Speak calmly, and try not to pull others into the conflict. Keep this conversation between you and your friend.



Friends respect each other's boundaries and are willing to listen to each other and apologize when they've hurt one another.

## IF YOU NEED TO END THE FRIENDSHIP:

Sometimes relationships are so toxic we need to end them. Tell your friend why you can't be friends with them anymore.



- Surround yourself with other friends. List all of the people you can link up to replace this relationship. Who can you hang out with at lunch? Recess?
- Find a club or activity you can join to meet new friends.
- Remind yourself that healing and making new friends takes time. Seek out help from an adult or counselor if you become discouraged.