

HEALTHY FRIENDSHIPS

be

a

friend

MOORPARK COLLEGE STUDENT HEALTH CENTER



+805-378-1413



www.moorparkcollege.edu/health



mc_studenthealthcenter



Moorpark College Admin
Building Rm 111

THINGS YOU CAN DO TO HELP YOUR FRIENDSHIP

Express Gratitude

Reach out (often)

Be authentic

Forgive

Communicate

Be there for them

Share



TOXIC SIGNS

- ✓ They don't take accountability for their actions when they do something harmful
- ✓ They expect you to be "on-demand" for them and don't like when you spend time with others
- ✓ They don't treat you with respect or violate boundaries
- ✓ You always feel drained and like you do all of the work
- ✓ You cannot trust them





FRIEND GROUPS

It can be difficult to schedule hang-out time for larger friend groups. Here are a few suggestions for helping maintain a larger friendship group

SCHEDULE EARLY

Try to keep a regularly scheduled hang-out time that is recurring (like every month). Or, get things on the calendar early.

COMMUNICATE

Keep a group chat going, schedule occasional online hangouts, or just have a weekly text check-in.

ACCEPT CHANGE

Friendships evolve and change over time, and that is okay. Not everyone may always be able to hang out. New people may join your group too.

WHAT MAKES A HEALTHY FRIENDSHIP?

SUPPORT



Friendships should be filled with support. A friend should be someone who can support you in difficult times, listen to your needs, and help you. They should also support healthy goals.

TRUST



A friendship requires trust. Friends shouldn't lie, talk behind your back, share your secrets, or manipulate information you shared. You should be able to trust that a friend is there.



RECIPROCITY



Friendships are not always 50/50, but you should give and receive in a friendship. There should be balance, fairness, and equity. One person should not always be responsible for maintaining the friendship.

BENEFICIAL



Friendships should benefit us. Friendships should facilitate healthy behavior and not encourage detrimental behavior like illegal or irresponsible activities.