

A N A T O M Y O F A Healthy Friendship

D E P E N D A B I L I T Y

Being trustworthy or reliable

What are some ways that you can show a friend that they can count on you?



H O N E S T Y

The quality of being truthful

What are some times when it was difficult to be honest with a friend?



T R U S T

A firm belief in the reliability of someone

How can trust help your friendship to grow?



M U T U A L R E S P E C T

The understanding that two or more individuals bring value to a relationship

How can you show a friend that they are valued and respected?

