

How To Be A Friend

Don't take your friends for granted. Treat them with respect. Keep promises when you make them. Call or show up when you say you will. Don't betray confidences. Let your friends know you appreciate them, by your words and your actions. Be generous with your "thank you's."

Be proud of your friend's accomplishments.

There's no room for jealousy in a mature friendship. A child might be jealous when a playmate gets a new toy, but the grown-up reaction is sincere happiness at the other's good fortune. Your

The only job tougher than making a new friend is being a good friend. Here are a few ideas to keep in mind as you develop healthy relationships.

Take a sincere interest in the things that interest others. Concentrate on getting your friends to talk about themselves and their activities: What did you think about that math test? How was football practice? Are you trying out for the school play? How was your day? And then *really* listen to the answer. That means not interrupting to talk about yourself.

friend's achievements don't diminish you. After all, he chose you for a friend, didn't he?

Fight fairly. All friends disagree at times. But things like name-calling, giving the silent treatment, or refusing to apologize or forgive are hard on a friendship. True friends talk it out, reasonably and calmly, and try to reach some middle ground that's agreeable to both.