Measure of Friendship

**Your friend…**

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| * Is critical about your looks or clothing
 | * Comments on your looks or clothing only when you ask for honest feedback, or to offer an occasional compliment

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| * Makes fun of you, then says, “I’m only kidding!”
 | * Gives you constructive feedback in positive ways

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| * Pretends to hit you, or punches/slaps your arm in a playful but hard way
 | * Shows she respects you by never touching your body in a mock-violent way

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| * Talks over you, or doesn’t allow you to speak
 | * Is always interested in what you have to say

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| * Isn’t interested in your goals or interests
 | * Is supportive of your goals and interests

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| * Encourages you to do things that you don’t want to do, or that might be harmful or unhealthy
 | * Is respectful of your health, needs, and boundaries

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| * Wants you to join in when she’s disrespecting  or bullying others, or spreading rumors
 | * Reaches out to others who are made fun of or the subject of rumors

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| * Is not one to be trusted with anything important to you
 | * Can be counted on to have your back at all times

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| * Is mostly concerned with commenting on what’s wrong with other people
 | * Likes to talk about a multitude of things, from books to sports to news

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| * Gets angry or threatened when you hang out with others
 | * Thinks it’s cool that you have different friends

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| * Makes you feel stupid for having a belief that’s different from her own
 | * Is interested in your beliefs and ways of thinking

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| * Holds you back from trying new things
 | * Helps you grow and encourages you to seek new challenges
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**To be used in Thursday’s Meeting:**

Please either print this out, or copy and paste into a document you can type into

**Mission Sisterhood Take Action Plan**

I have identified my issue:

Who is your audience? Who are you hoping to educate or inspire?

The specific results I will aim for are:

My project will make a difference because:

To get these results, I will need to work with these people:

I will need to do some research about these things:

What is my time frame? How long will I need to accomplish my goal?

What materials will I need?

This is how we will present our project when we are done: