Measure of Friendship

**Your friend…**

|  |  |
| --- | --- |
| * 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 |
| * Makes fun of you, then says, “I’m only kidding!” | * Gives you constructive feedback in positive ways |
| * 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 |
| * Talks over you, or doesn’t allow you to speak | * Is always interested in what you have to say |
| * Isn’t interested in your goals or interests | * Is supportive of your goals and interests |
| * 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 |
| * 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 |
| * Is not one to be trusted with anything important to you | * Can be counted on to have your back at all times |
| * 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 |
| * Gets angry or threatened when you hang out with others | * Thinks it’s cool that you have different friends |
| * Makes you feel stupid for having a belief that’s different from her own | * Is interested in your beliefs and ways of thinking |
| * Holds you back from trying new things | * Helps you grow and encourages you to seek new challenges |

**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: