

YELLOW  
IS THE  
COLOR OF



LOUISA MOODY





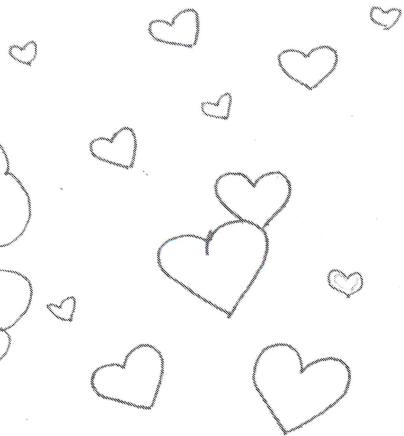
YELLOW  
IS THE COLOR OF  
FRIENDSHIP

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SOMETIMES ME THINK,  
'WHAT IS A FRIEND?'  
AND THEN ME SAY,  
FRIEND IS SOMEONE  
TO SHARE THE LAST  
COOKIE WITH.



**F**IGHT FOR YOU  
**R**ESPECT YOU  
**I**NCLUDE YOU  
**E**NCOURAGE YOU  
**N**EEED YOU  
**D**ESERVE YOU  
**S**TAND BY YOU



# WHAT IS A FRIEND <sup>2</sup>

????????????????????

THE DICTIONARY DEFINITION OF FRIEND IS A PERSON WHO YOU LIKE AND ENJOY BEING WITH.

LD MERRIAM-WEBSTER.

BUT WE ALL KNOW THAT THERE IS A LITTLE MORE TO IT THAN THAT.

IN A NUTSHELL,

*A friend is a person you know well and regard with affection, trust, and respect.*



# TYPES OF ACQUAINTANCES

- ★ PEOPLE WITH WHOM YOU ARE NOT PARTICULARLY CLOSE TO.
- ★ PEOPLE WHO YOU KNOW ONLY SLIGHTLY.
- ★ PEOPLE YOU KNOW JUST ENOUGH TO NOD AT.

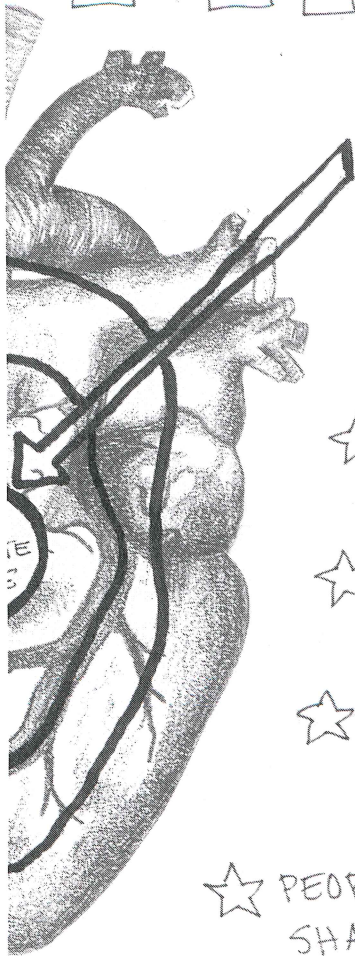
# FRIENDS

- ★ PEOPLE WHO YOU KNOW WELL AND TRUST.
- ★ PEOPLE YOU CAN EASILY TALK TO WITHOUT ANY AWKWARD SMALL TALK.
- ★ PEOPLE YOU FEEL COMFORTABLE AROUND AND CARE FOR.



# FRIENDS

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## CLOSE FRIENDS

- ★ PEOPLE YOU KNOW EXTREMELY WELL.
- ★ PEOPLE YOU CAN SHARE YOUR SECRETS WITH.
- ★ PEOPLE YOU LOVE AND WHO LOVE YOU.
- ★ PEOPLE YOU TRUST AND ARE COMPLETELY HONEST WITH.
- ★ PEOPLE WITH WHOM YOU CLOSELY SHARE YOUR LIFE WITH.



# <sup>3</sup>WHAT A HEALTHY

★ HEALTHY FRIENDSHIPS ARE BASED ON MUTUAL RESPECT.

★ HEALTHY FRIENDSHIPS ALLOW EACH OTHER TO GROW AND CHANGE.



“We'll be Friends Forever, won't we, Pooh?”  
asked Piglet.

“Even longer”  
Pooh answered.

# FRIENDSHIP

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## LOOKS LIKE

⇒ A GOOD, CLOSE FRIENDSHIP SHOULD INCLUDE...

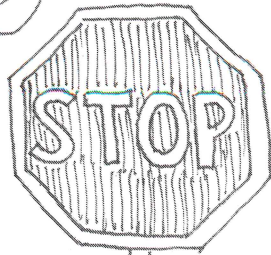
♡ Honesty ♡      ♡ Joy ♡  
♡ Trust ♡      ♡ Loyalty ♡  
♡ Respect ♡

♡ love ♡



We'll Be Friends  
'Til We're Old & Senile  
... Then We'll Be  
New Friends!

# SIGNS OF AN

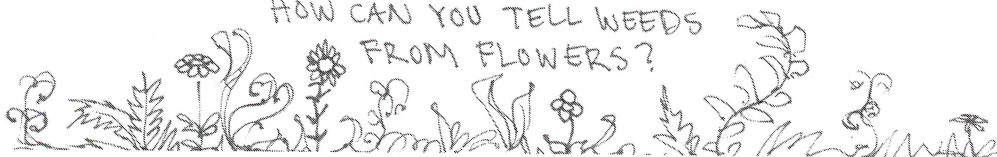


- FRIENDS THAT...
- DON'T LET YOU HAVE YOUR OWN OPINIONS.
  - PRESSURE YOU TO DO THINGS YOU DON'T WANT TO DO.
  - TRY TO CONTROL YOU OR ARE VERY BOSSY.

★ IN UNHEALTHY FRIENDSHIPS PEOPLE RIDICULE ONE ANOTHER, GOSSIP OR SPREAD RUMORS, OR ACT MEAN TO ONE ANOTHER.

★ UNHEALTHY FRIENDSHIPS ARE THREATENED WHEN ONE PERSON GROWS OR CHANGES.

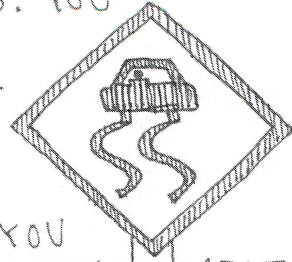
HOW CAN YOU TELL WEEDS FROM FLOWERS?



# UNHEALTHY FRIENDSHIP

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1. YOU GIVE AND ALL THEY DO IS TAKE.
2. MANIPULATION ↳ LACKS AN EQUAL BALANCE
3. YOU BECOME THE CARE TAKER OF THE FRIENDSHIP.
4. THEY DO NOT SUPPORT YOU.  
↳ A LITTLE FUN TEASING IS USUALLY WELCOME AMONG FRIENDS, BUT ANYTHING PAST THAT SUCH AS SNARKY COMMENTS OR PUT-DOWNS CAN LEAD TO A DECREASE IN YOUR EMOTIONAL HEALTH.
5. YOU CAN'T TRUST THEM. THEY CONSISTENTLY LIE TO YOU OR SHARE YOUR SECRETS.
6. THEY ARE CONSISTENTLY DISSAPPOINTING YOU OR FLAKING OUT ON PLANS. YOU CAN'T RELY ON THEM.
7. THEY DON'T RESPECT YOUR FAMILY OR OTHER PEOPLE YOU SPEND TIME WITH.
8. THEY WANT A ROMANTIC RELATIONSHIP WITH YOU, BUT YOU DON'T, AND THIS MAKES YOU TOO UNCOMFORTABLE.



# How To DEAL UNHEALTHY F

★ ADDRESS THE ISSUE AND TALK TO  
YOUR FRIEND! THEY MAY NOT BE AWARE  
OF HOW YOU FEEL.

1. SUGGEST A TIME TO TALK AND EXPRESS  
TO THEM HOW YOU ARE FEELING. BE  
OPEN WITH EACH OTHER. A TRUE FRIEND  
WILL LISTEN AND TRY TO UNDERSTAND.

2. ALLOW YOUR FRIEND TO ALSO EXPRESS  
THEIR FEELINGS AND CONCERNS.

3. AFTER HAVING A TALK, GIVE YOUR  
FRIEND TIME TO CHANGE.

4. KINDLY MENTION OR POINT OUT  
TO YOUR FRIEND IF THEY DO  
SOMETHING THAT HURTS YOU THAT THE  
MAY NOT BE AWARE OF.

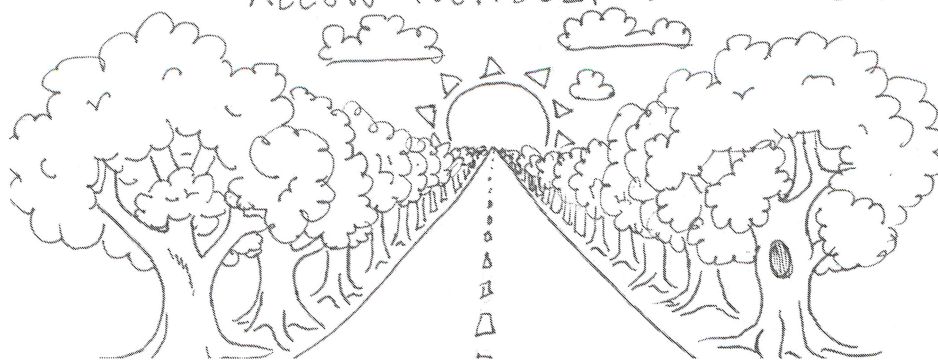
# WITH AN →

## POINTS TO REMEMBER

5. A TRUE FRIEND WILL TRY TO HELP WORK OUT ANY PROBLEMS, JUST GIVE THEM SOME TIME.

6. IF YOU ARE MET WITH DENIAL OR CRITICISM FROM YOUR FRIEND AFTER TALKING, THEN MAYBE THEY AREN'T A FRIEND FOR YOU.

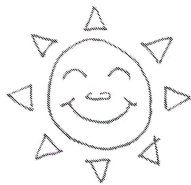
↳ LET THEM GO THEIR OWN WAY. ALLOW YOURSELF TO MOVE ON.



# How To Move On From An

SOME FRIENDS MAY JUST NOT BE THE RIGHT FRIENDS FOR YOU EVEN AFTER TRYING TO CHANGE YOUR RELATIONSHIP.

↳ THIS IS WHEN IT IS TIME TO MOVE ON AND LET THAT PERSON OUT OF YOUR LIFE.



Many people will walk in and out of your life, But only true friends will leave footprints in your heart.

# UNCHANGABLE UNHEALTHY FRIENDSHIP<sup>12</sup>

✦ SURROUND YOURSELF WITH FRIENDS THAT TRULY LOVE AND RESPECT YOU AND WHOM YOU TRUST.

✦ BE FRIENDLY AND TALK TO SOME PEOPLE YOU USUALLY WOULDN'T TALK TO BUT WANT TO GET TO KNOW BETTER.

↳ IT IS ALWAYS GOOD TO BRING NEW PEOPLE INTO YOUR LIFE.

NOTE: YOU DON'T HAVE TO COMPLETELY SHUT OUT YOUR OLD FRIEND FROM YOUR LIFE, BUT LET THERE BE SOME SPACE SO YOU CAN CLEAR YOUR MIND.



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# YOUR FRIENDS

 CHOOSE YOUR FRIENDS.

 FIND THE PEOPLE BEST FOR YOU.

## TIPS FOR MAKING NEW FRIENDS:

- Be friendly and helpful to other people.
- Reach out to acquaintances.
- Get to know your friends' friends.
- Be open.
  - ↳ open minded, open your heart.
- Connect and be genuine.
- Be yourself.

# YOUR CHOICE

"The Glory of  
Friendship"

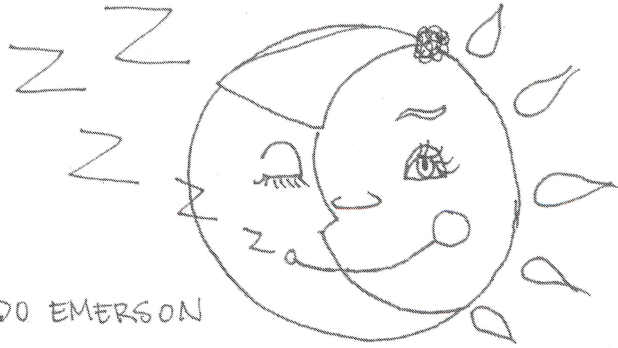
BY RALPH WALDO EMERSON

The glory of friendship is not in the outstretched  
hand,

nor the kindly smile nor the joy of  
companionship;

it is the spiritual inspiration that comes to one  
when he discovers that someone else believes  
in him

and is willing to trust him.



L5



# The DOVE Project

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**THE DOVE PROJECT**

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THE DOVE  
PROJECT

DIGNITY. OPPORTUNITY. VOICE. EMPOWERMENT