



How Would I Rate Myself and My Friends?

Healthy Friendship Characteristics Assessment

Part 1: Rate yourself on your friendship characteristics. The rating scale is from 1 to 5.

- 1 = You demonstrate lots of healthy friendship characteristics.
- 5 = You do NOT demonstrate healthy friendship characteristics.

Circle the number you would use to rate yourself.

1 2 3 4 5

Describe in two paragraphs the healthy friendship characteristics you demonstrate and those you want to improve.



Part 2: Select two or three friends and rate them on the friendship characteristics they demonstrate.

Do not use names. Write a paragraph describing the characteristics each of your friends demonstrates.

If you want to end a friendship, how might you choose to do it?

Friend A:

Circle the number you would use to rate Friend A.

1 2 3 4 5

Friend B:

Circle the number you would use to rate Friend B.

1 2 3 4 5

Friend C:

Circle the number you would use to rate Friend C.

1 2 3 4 5

Part 3: Extra Credit

Research the health benefits of having friends who demonstrate healthy characteristics. Consider the social and emotional health benefits and the physical health benefits.