

# How to be a good friend

What to do when you notice your friend is feeling blue

Ask

When is the best time to ask your friend if they are okay?



or



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Listen

What does it look like to be a good listener?



or



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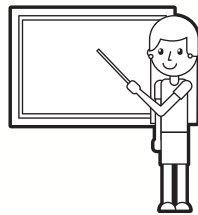
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Action

Who is a trusted adult your friend could talk to?



or



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Check

When is a good time to check back in with your friend?

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