

FRIENDSHIP SMART

THE INVESTMENT PORTFOLIO INSTRUCTIONS

The Investment Portfolio will give you a quick snapshot of any adolescent's social life. If we think of friendships like an investment of time, energy and emotional capital, it pays to check in periodically to see if that investment is balanced and working well.

The categories within the Investment Portfolio can be further understood by reviewing the content on the following pages:

- Page 35: Friendship fields - intimate, close, casual, distant
- Page 87: Season of friendship - summer, spring, winter, autumn
- Page 38: Locations of friendship
- Page 39: Reason for friendship

Instructions: Use the worksheet on the next page to map your adolescent's current friendships. Work across each column, one at a time.

Once complete, use the questions below to reflect on what you see:

Where are they over-invested?

Is one person, one location, or one season carrying too much weight?

Where might they need more variety?

Is there room for a new activity, another extra friendship or a fresh friendship group?

Where are they under-supported?

Do they have at least one person in their world who offers safety, steadiness or genuine care?

What patterns are emerging?

Are multiple friendships sitting in the same season (e.g., all Autumn or all Winter) or the same field? How is that impacting their wellbeing?

Where do they feel most like themselves?

Which people or groups bring out their best qualities, and which ones quietly drain or diminish them?

What's missing?

Is there a type of connection they crave that isn't represented? (eg. like fun, depth, shared interest that isn't represented?)

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INVESTMENT PORTFOLIO WORKSHEET SAMPLE

Friend	Field	Season	Location	Reason	Assessment
Kylie	Intimate	Autumn	School	Long term friends	Kylie has known me the longest but we don't hang out as much as we used to.
Amy	Close	Autumn	School / Sport	Soccer mates	We normally carpool to our games but lately Amy has been going with Lucy.
Ben	Close	Autumn	School	In the same classes.	We've drifted into different groups this year but we still see each other in class.
Rachel	Close	Spring	Dance	We joke a lot.	We call each other 3-4 times a week. She's my bestie.
Jen	Casual	Spring	Dance / Outside School	Same interests.	Jen and I just click, and we are starting to hang out more.
Jess	General	Winter	Sport	Competitors	Jess plays on a different team but she doesn't like me.

Overall review: Above is 14 year old Mel's portfolio. It may be very different next week. However, right now Mel has a balanced spread of friendships, with no unsafe friendships causing major concerns. Her close friends are changing, which is challenging but very typical at her age, so we want to normalise this. She's still exploring more casual and general connections which is a good sign. There's no overinvestment in one person or place, which means she's well-positioned to widen her scope, and her risk of social isolation is reasonably low.

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INVESTMENT PORTFOLIO WORKSHEET

Assessment						
Reason						
Location						
Season						
Field						
Friend						

Overall review: