

FRIENDSHIP SMART

THE QUALITY FRIEND CHECKLIST INSTRUCTIONS

This questionnaire is for self-assessment only, because the strongest friendships begin with how we show up.

Instructions: Use the below checklist to guide a conversation about how your adolescent is showing up in friendships. Invite them to work through each statement, choosing what fits best right now: none of the time, some of the time, or most of the time.

Below you will find a variety of questions across three core areas:

- how you take ownership of your wellbeing
- how willing you are to receive support from a range of trusted sources
- how willing you are to understand others' experience of you.

Please remind them that this isn't about being perfect. It is about noticing patterns, strengths and where they are still growing.

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THE QUALITY FRIEND CHECKLIST

1

Are you doing your best to take care of yourself?

This means being willing to take ownership of your own wellbeing

None of the time

Some of the time

Most of the time

2

Do you have your own personal interests, ideas and values?

This means developing a sense of who you are, separate from others.

None of the time

Some of the time

Most of the time

3

Can you identify when you're feeling overwhelmed?

This means noticing the signs in your body and mind when things feel too much.

None of the time

Some of the time

Most of the time

4

Are you willing and open to a range of support people?

This means allowing support to come from a range of people, rather than one friend.

None of the time

Some of the time

Most of the time

5

Can you ask for help when you need it?

This means trusting the right people for support.

None of the time

Some of the time

Most of the time

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6

Do you have a variety of friends in your life?

This means recognising that no one friend can meet every need.

None of the time	Some of the time	Most of the time
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7

Are you able to reflect on your own behaviour?

This means being able to think about your actions and how they affect others.

None of the time	Some of the time	Most of the time
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8

Can you express your needs and limits without feeling guilty?

This means being able to express what you need and where your limits.

None of the time	Some of the time	Most of the time
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9

Are you open to feedback?

This means being willing to listen to what others share with you.

None of the time	Some of the time	Most of the time
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10

Do you apologise when you need to?

This means taking responsibility when you've hurt someone and saying sorry.

None of the time	Some of the time	Most of the time
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