

FRIENDSHIP SMART

TWO-SIDED NOTICING CARD INSTRUCTIONS

This collection of two-sided noticing cards invite adolescents to spot the three Friendship Smart elements (safety, chemistry and effort) in both themselves and others. The cards are grouped around each element, with questions designed to help young people recognise how these show up in real friendships. They are intentionally designed to be two-sided, because these elements are co-created within friendships.

When using these cards, remember they aren't about getting the "right" answers. They are about helping young people understand their own experience more clearly.

Instructions: There are a number of ways these cards can be used.

As a conversation starter. Move through the questions together, giving your adolescent space to notice, reflect, and make sense of their own friendship experiences across the three elements — safety, chemistry, and effort.

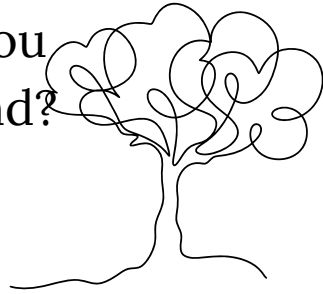
As a fun game with friends. Cut and fold these cards to create a simple game young people can play together. They offer a low-pressure way to share friendship experiences, compare perspectives, and spark meaningful conversations that might not happen otherwise.

On their own. Young people can also use these cards privately to reflect on their friendships. This can help them build awareness before they're ready to talk things through with someone else.

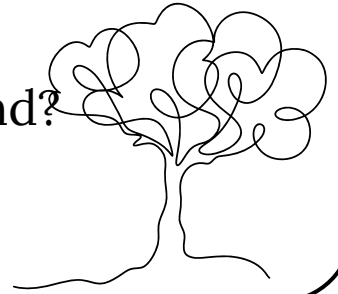
FRIENDSHIP SMART

TWO-SIDED NOTICING CARDS - SAFETY

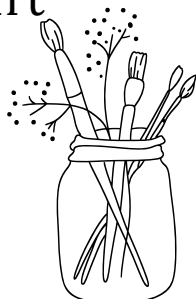
Who speaks
positively about
you when you
aren't around?



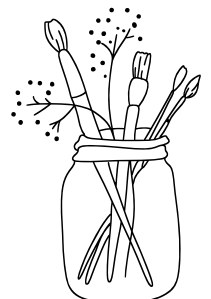
Who do you speak
positively about
when they
aren't around?



Who knows your
quirks and doesn't
use them
against you?



Whose quirks do
you know and
accept with
kindness?



Who has your
back when you
have made a
mistake?



Whose back do
you have, even
when they
make a mistake?



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TWO-SIDED NOTICING CARDS - SAFETY

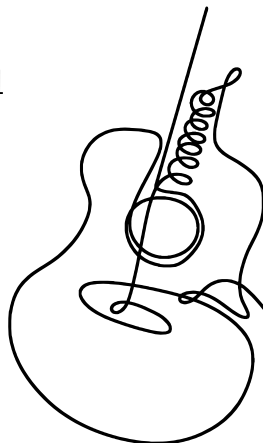
Who can you
relax and be
honest with?



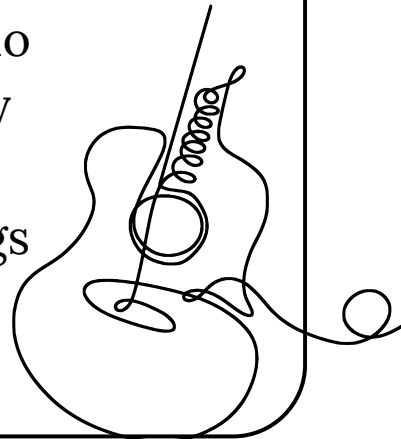
Who feels they
can relax and
be honest with
you?



Who can you
trust with
something
personal or
private?



Whose trust do
you protect by
keeping their
personal things
private?



Who stays calm
and respectful,
even when things
get tense?



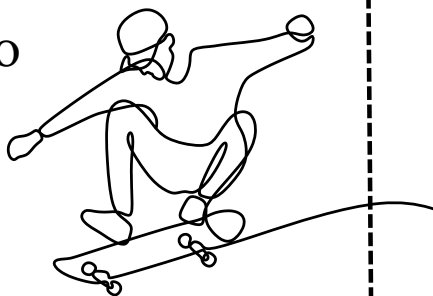
Who
experiences you
as calm and
respectful when
things get tense?



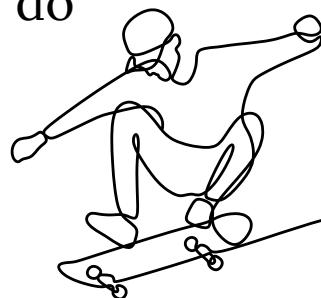
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TWO-SIDED NOTICING CARDS - CHEMISTRY

Who brings
energy into
your day?



Whose day do
you bring
energy to?



Who makes it
easy for you
to be yourself
around
them?



Who can relax
and be
themselves
around you?



Who enjoys the
same hobbies or
jokes that you
do?



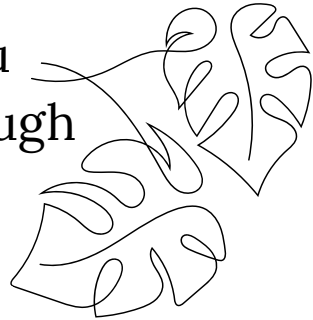
Who feels that
they share the
same interests
and enjoyment
as you?



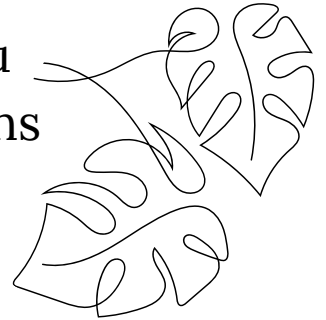
FRIENDSHIP SMART

TWO-SIDED NOTICING CARDS - CHEMISTRY

Who do you
naturally laugh
with?



Who do you
notice laughs
with you?



Who are you
genuinely
curious to
learn more
about?



Who shows a
real curiosity in
getting to know
you?



Who do
conversations
seem to flow
easily with?



Who do you think
experiences easy
conversation
with you?



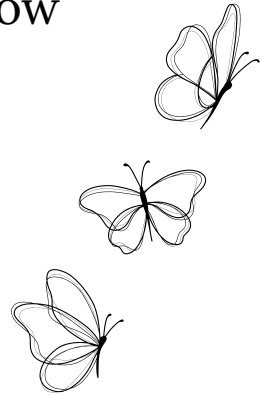
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TWO-SIDED NOTICING CARDS - EFFORT

Who follows through on plans or explains why they can't?



How do you show respect for others' time or follow through on your word?



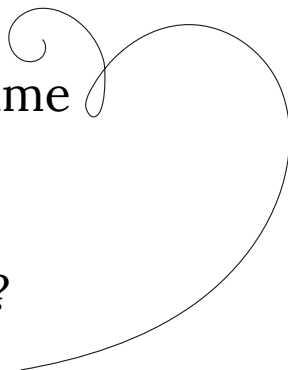
Who puts effort into showing up when it matters to you?



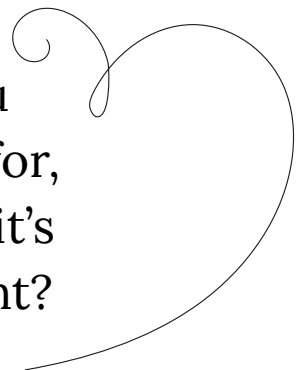
Who do you put effort into showing up for?



Who makes time for you even when it's inconvenient?



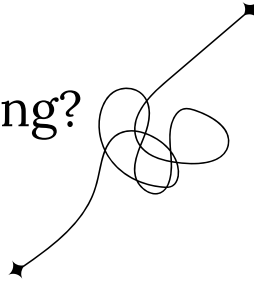
Who do you make time for, even when it's inconvenient?



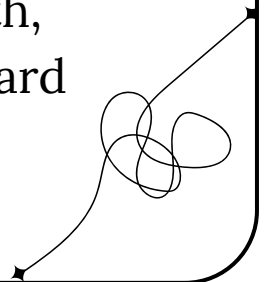
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TWO-SIDED NOTICING CARDS - EFFORT

Who tries to repair things when there has been a misunderstanding?



Who do you care enough about to repair things with, even if it's awkward or complicated?



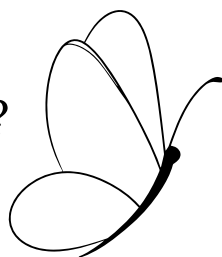
Who takes the initiative to reach out or check in with you?



Who do you take the initiative to reach out to or check in on?



Who does small things that show they're thinking of you?



Who do you show care for through small, thoughtful actions?

