



You are not alone!  
If you need help reach out  
to Teen Lifeline:  
602-248-8336 (Teen)

## GOOD FRIENDS...

- listen to each other.
- make you feel safe.
- don't put each other down or hurt each other's feelings.
- give each other compliments.
- respect each other.
- are trustworthy.
- care about each other's feelings.

Sometimes problems are too big to handle alone. It's okay to ask for help for yourself or a friend.

Three adults I trust:

- 1.
- 2.
- 3.

If you're going through any type of problem a great person to share your *thoughts* and *feelings* with is your **counselor**. They are good listeners and can help you handle your emotions.

### Positive Student Habits

- Get organized- make a plan of what you're going to do and when you're going to do it.
- Focus on one task at a time.
- Take notes.
- Study a little bit each day.
- Ask questions- you're in school to learn, so don't be afraid to do that.

My **counselor** is:

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