



10 Ways to Build Relationships

1. **Be an *UPstander*.** Be there for people when they need your help, your comfort, and your friendship.
2. **Be honest.**
3. **Keep your promises.**
4. **Apologize.** Be genuine. Use the steps for a *real apology*.
5. **Be a forgiving friend.** Everyone makes mistakes. Give second chances. Accept an apology.
6. **Be helpful.** Everybody needs help from time to time.
7. **Respect classmates' feelings and their possessions.**
8. ***Gossip and rumors STOP with me!***
9. **Tell friends and classmates how you feel.**
 - a. Share your feelings.
 - b. Use an *I statement*: I feel ____ when ____ because_____.
10. **Be a *bucket filler*. Give lots of *warm fuzzies!***
 - a. Be a kind, caring, and generous person.
 - b. Be a good listener.
 - c. Involve people in your life and in your activities.
 - d. Invite them to play and to join in!