

Friendship Drama

Boundaries, red flags & what healthy friendships look like

A teen-friendly guide to figuring out who feels safe and who doesn't.

SAME YOU. BRIGHT THINGS AHEAD. ♥

Good friends make life brighter ♥

KINDER BRAVER MORE YOU THIS YEAR ♥

1 Healthy friendship signs

These are the green flags! Healthy friends...



Trust you

They keep your secrets and are honest with you.



Respect you

They value your opinions, differences and choices.



Let you say no

They don't pressure you and respect your boundaries.



Make you laugh

You have fun together and enjoy being yourselves.



Repair after conflict

When you disagree, you can talk it out, apologize and move forward.



You feel mostly safe to be yourself

You can be real without worrying about being judged.

Healthy friends lift you up, just as you are. ♥

Good friends bring out a brighter you. ♥



2 Red flags

These are signs a friendship might be unhealthy...



Tries to control you

Tells you what to wear, who to hang out with or gets upset when you make your own choices.



Constant jealousy

They get jealous when you spend time with other people.



Humiliating jokes

They make mean jokes, put you down or "joke" about things that actually hurt.



Pressure

They push you to do things you're not comfortable with (like sharing personal info, risky behaviours, etc.).



Drama all the time

There's always conflict, gossip or chaos.



Hot and cold behaviour

They're really nice one minute and then cold, ignoring you or mean the next.



Makes you feel guilty

They make you feel bad for having other friends or for needing space.

If it feels draining, chaotic or like you're walking on eggshells... that's a sign. ♥

You deserve friends who feel good, not heavy. ♥



3 Boundaries you can try

It's okay to set limits. Here are some real-life scripts...

"I'm not doing that."

"I need some space right now."

"Please don't post that."

"I can't text all night."

"I'm not comfortable with that."

"Let's change the subject."

"I want to hang out, but I also need time for my other friends."

"I care about you, but I don't agree with that."

"I'm taking a break from this conversation."

You are allowed to have boundaries. They're a sign of self-respect. ♥

4 If there is conflict

Friendship bumps happen. Here's how to handle them well...



Pause

Take a breath. Give yourself time to feel calm before you react.



Don't post when you're mad

Social media can make things bigger and last longer.



Talk directly

If it feels safe, have a honest conversation (in person or by message).



Use facts, not exaggerated stories

"When you said __, I felt __" is more helpful than blame.



Own your part

It's okay to apologize if you've hurt them too.



Notice the pattern

If the same issues keep happening and nothing changes, it may be a sign the friendship isn't healthy.

It's brave to have hard conversations. Respect, honesty and kindness matter — even when it's tough. ♥

5 When it may be time to step back

It might be time to create distance if a friend...



Shows recurring disrespect (even after you've talked about it)



Makes you feel anxious, scared or unsafe



Tries to manipulate, guilt-trip or control you



Leaves you feeling exhausted, sad or like you're not good enough

It's okay to outgrow friendships. You can care about someone and still choose your peace. ♥

6 Helpful reminder

Real friends don't make you shrink.

"Real friends make you feel safer, braver, and more you — not smaller." ♥

Better Together ♥

Surround yourself with people who feel like home. ♥

