

Making friends questionnaire (Year 3 to Year 8)



Student name: **Year level:** **Date:**

Discuss the following with your teacher:

- Things I like to do, (games, activities, interests, passions).....
- My thoughts and ideas about friendship are
- The places and events I enjoy are

Current friend(s)

Potential new friend(s)

Discuss the following statements. Rate yourself on the scale and highlight areas that can be improved. Highlighted areas can be used to help plan how to improve friendships and peer acceptance.

Scale: 1 No. I really need to improve 2 Sometimes. A little improvement needed 3 Yes. I am okay or good already
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1. I am kind, respectful and supportive of others. **Circle: 1 2 3**

- I stick up for others, care, help and give others support.
- I respect others, have good manners, can apologise (say sorry) if needed.

2. I am trustworthy. **Circle: 1 2 3**

- Others can trust me. Others know I won't tell anyone their secrets.
- I don't tell lies, 'tall stories', or talk behind other's backs.

3. I do not 'shut others down' or hurt them. **Circle: 1 2 3**

- I am not insulting, annoying or a name caller. I don't boss, push or bully.
- I don't tell my friends who can and can't be their friends. I don't take fights onto the Internet or cyberbully.

4. I understand, forgive and accept others. **Circle: 1 2 3**

- I understand that others sometimes want to be alone or hang out with other friends.
- I listen to others' ideas and opinions. I am forgiving.

5. I relate well to others. **Circle: 1 2 3**

- I have a common or similar interest to some other students.
- I share, can give and take, know it goes both ways. I pass the ball to others in games and I am not 'too over the top.' I involve myself even if shy.

6. I am fun and play by the rules. **Circle: 1 2 3**

- I am good company, have a sense of humour, and I'm fun to have around.
- I play by the rules. I don't argue about whether it was a goal or not, the goalie or the umpire says whether it's a goal or not, or I accept the majority decision of those playing.

7. I am resilient. **Circle: 1 2 3**

- I cope with upsets, can have a joke, laugh and 'bounce back' from a one-off unwelcome 'dig'. I am not drawn into issues too quickly.
- I do not get really upset and angry.

Choose one or two areas to work on and meet regularly to review progress.