

WHAT IF IT'S GOING WRONG?

Sometimes it's hard to believe that a simple thing like being friendly can go wrong.

But if it feels like someone is being unfriendly, it can really hurt.

SOMETIMES

- People just forget to be friendly - they're too busy with their own stuff!
- People argue and can't seem to forgive and forget
- Groups of friends don't realise that they are leaving someone out of their fun
- Someone changes, and makes different friends, and old friends feel left out

There are lots of reasons why we might feel that a situation is unfriendly. It can get tricky.

If you feel hurt by someone, the best thing is to try to tell them calmly how you feel, and why you feel this way.

Listen to their point of view too. They may not realise they have hurt your feelings. But once they do know, you can both work together to sort it out.

If you have hurt someone, saying sorry can really help. Also, try to show that you want to be fair about what's happened and respect their feelings. It's a grownup thing to do.

Remember, you don't have to be best friends with someone to treat them nicely.



We all need help at times to sort out our problems. Sometimes, it's easier to talk to people you trust, or people who have more experience at sorting things out. Talking about problems can be an important step towards solving them.