

Belonging: How to make friends

One of the most important ways to improve and maintain your friendships is to be your own friend first. This means you should be yourself, respect yourself and follow your values. Don't fall into the trap of peer pressure or trying too hard to fit in. People don't want to be friends with a 'fake-you', they want to know the 'real-you'!

Think about the values that mean the most to you. Are they hard-work, kindness, strength, trust, loyalty - or something else? Use these values to create a personal crest and motto for yourself. If you need inspiration, check out your school crest and motto.

