Teen Friendship Skills Steps

Goal. Scene. Signals. Skill. Script. Practice. Reflect. Log.

Name: _____ **Date:** _____

1. Name the goal

Join, repair, boundary, or step back.

2. Map the scene

Who, where, in person or digital.

3. Sort the signals

Two green, two red. Stay concrete.

4. Pick one skill

Join, repair, I-statement, boundary.

5. Script first line

Opener + backup. Write the words.

6. Practice low stakes

Role-play safer scene first.

7. Act, then reflect

What helped? What earlier next time?

8. Log and bridge

Record. Bridge to peer pressure etc.

Tip: cool the body first if intensity is high, then pick a friendship skill.

Safety: if you or someone else is in danger, stop and get help. US: 988 · HOME to 741741 · 911

Healthy friendship respects dignity, consent, and repair. Skills give options.

Original layout by Lotus & Tulip, based on teen friendship skill practice. A practice tool, not therapy.

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My Friendship Plan

Goal. Scene. Green/red signals. Skill menu. Script. After-plan.

Name: _____ **Date:** _____

Friendship goal (join / repair / boundary / step back):

_____

Scene (who, where, in person or digital, what usually goes wrong):

_____

_____

Green signals I notice (healthy):

_____

Red signals I notice (unhealthy):

_____

Skill menu (circle 1 to 2 I will try):

Join move · Digital repair check-in · I-statement

Boundary line · Cool-down before talk · Ask an adult

Other: _____

Script: first line + backup:

_____

After-plan (what I will do after I try the skill):

_____

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Friendship Practice Log

Seven days of goals, skills, and reflections.

Name: _____ **Date:** _____

Day / date	Goal / scene	Skill used	What happened	Reflect / note
1.				
2.				
3.				
4.				
5.				
6.				
7.				

Teen mini card (cut out and keep)

Goal: _____ Skill: _____

Goal · Scene · Signals · Skill · Script · Practice · Reflect · Log

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If unsafe: stop and get help. US: 988 · HOME to 741741 · 911

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