



How To Be A Good Friend/Acquaintance/Classmate/Human

There are many aspects of communication that can help you be a better human being.

Getting Along:

- Meeting each other halfway, finding a compromise
- Giving the other person the benefit of the doubt; assume that they are trying their best
- Be understanding and respectful if an issue arises, try to work it out through communication
- Recognize when you've made a mistake

Setting Boundaries:

- People have different experiences that impact their perspectives
- There are topics, situations, etc that someone might not feel comfortable with
- Recognize and respect a person's boundaries

Putting Someone At Ease:

- Express empathy: try to understand what someone is feeling
- When someone confides in you, be supportive by responding to them thoughtfully
- Be welcoming and show compassion

Listening:

- Hear what they are saying and process it
- Be aware of the situation
- Provide an appropriate response to what has been said
- Use nonverbal cues to show that you are listening
 - Ex: nodding, eye contact, smiling (if appropriate)