



Worksheet 2:

Green Flag, Red Flag

5 - 12 year olds

Understanding the signs of healthy and unhealthy friendships can help you choose better relationships.

Here is a fun guide to help you spot the signs of a good friend (Green Flags) and the warning signs to watch out for (Red Flags).

Instructions:

1. Circle all the green flags you've seen in your friends.
2. Draw a golden star next to the ones you want in a best friend.
3. Draw a picture of a friend showing one of these good signs.

Reg Flags	Green Flags
Calls you names or teases in a mean way	Shares their things with you (i.e. games, snacks, toys etc)
Only plays if they get their way	Has good manners (e.g. says 'please' and 'thank-you' etc)
Tells you to keep secrets from grown-ups	Listens when you talk
Laughs when you make a mistake	Helps you when you're stuck
Doesn't say sorry when they hurt you	Smiles and is kind to others