

Getting along with Friends:

Strategies for Establishing Harmonious Relationships

Note these points when making friends:

1. **Happy to stay with:** When we encounter like-minded people, we come together, sharing life experiences and encouraging each other. The pleasant experiences we have make us become friends.
2. **Help others:** Getting to know our friends from different aspects. We may observe how he/she gets on with others, whether he/she is polite and willing to help others. These help us understand their personality and build mutual trust. We can help each other and gradually become good friends.
3. **Serve the community:** We may learn about our friends' personality through their daily activities. For instance, do they care for others' needs (any volunteered service)? Be responsible and considerate? Are they civic-minded (e.g. protect environment)? These good qualities are worth appreciating and learning from.
4. If your friends are influencing you negatively (e.g. ask you to join their gang, perform harmful acts to self or others, tempt you to do illegal acts), simply stay away from them.

Principles and Skills in getting along with friends:

1. **Help each other:** Understand your friends' needs and feelings in order to provide appropriate support. When your friends cannot solve the problem on their own, don't overlook their needs but to help them seek proper assistance.
2. **Mutual Respect:** Respect and accept each other's rights in having different interests, lifestyles, and friends. Even though you are good friends, you still need to respect their feelings. Beware of your words or acts that may hurt them. Do not reveal your friends' private matters or secrets to others (except in situations that cannot be handled alone and involve personal safety or illegal issues, it is necessary to help your friends seek proper assistance).
3. **Be Frank:** Share your feelings honestly. Have the courage to apologise when you make mistakes. Similarly, accept your friends' mistakes and apologies. Express your concern over your friends' health and safety. Give appropriate advice or reminder whenever necessary.
4. **Distinguish right from wrong:** Do not be misled by rumours.
5. **Set a baseline:** Stand firm on your own principles and baseline, but do not compromise your own will to please others.
6. **3 "Don'ts" principles:** Don't harm others; Don't harm yourself; Don't damage.



Points to note in getting along with friends online:

- 1. Be Sensible and Responsible.** The characteristics of the internet, such as round-the-clock accessibility, difficulty in deleting data, widespread information dissemination, susceptibility to hacker and misuse, having a far-reaching and long-lasting impact on online information. Therefore, it is important to handle personal information with caution. Real-world law also applies to online behaviours and individuals are required to bear legal responsibility.
- 2. Protect Privacy.** Do not share your friends' or your own sensitive information, such as phone numbers, photos, addresses, school name and class details, etc. Change passwords regularly and avoid using personal details as passwords. Information posted online will quickly become widespread, so better think twice before you post.
- 3. Respect others as in real world.** Do not bully, insult or flame others. Do not send or forward any rumours, pictures or videos that will make others feel uncomfortable. If you encounter any mean or nasty messages, do not respond or retort. Report to parents or teachers, you may also report to the moderator of the site or service provider to delete the message. Report to police if the message involves threats.
- 4. Choose wisely.** People online may not be who they say they are. It is very difficult to be sure about their identity or background. Be cautious when arranging to meet an online friend in person. Avoid meeting them alone, inform your family about the meeting location, and have a reliable friend as company.