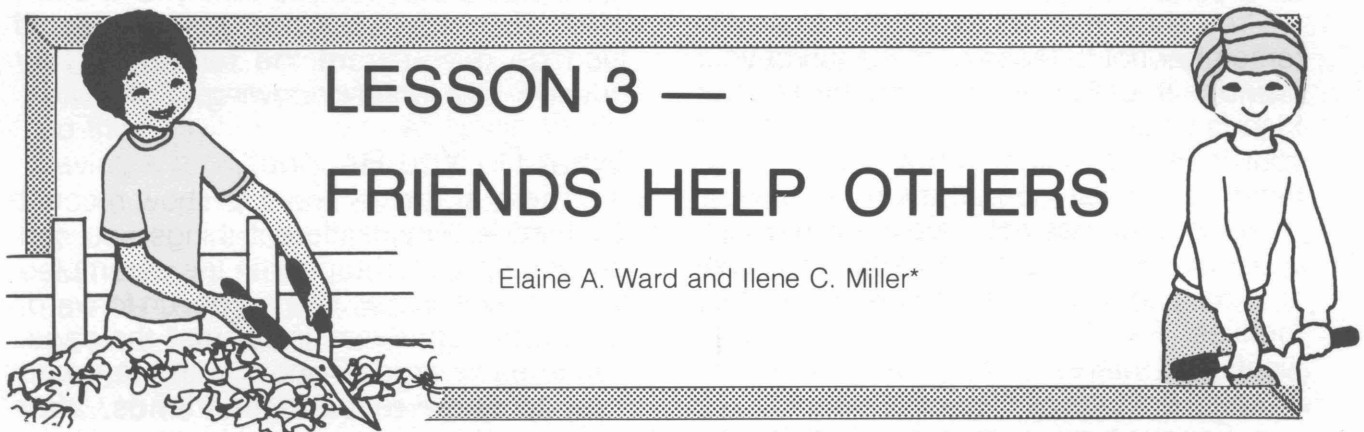


Making and Keeping Friends



LESSON 3 — FRIENDS HELP OTHERS

Elaine A. Ward and Ilene C. Miller*

One of the nicest things about friendship is that you can usually depend on friends when you need help. Think about the different jobs you do at home, school or with boys and girls your own age. How many times have you washed dishes, made cookies, gone to the store, fed your pets, washed the car, cleaned up the house, mowed the lawn or picked up the trash? Wouldn't it be good to have someone work with you? You could probably get some of these jobs done faster if you had help. Here are four ways to be a helpful friend:

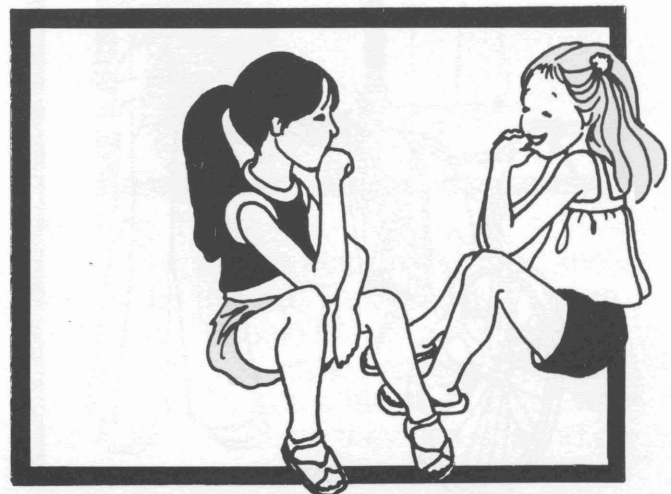
- Find out what needs to be done. Learn how to do the job. Then decide if you will need help or if you could help others. People are more willing to work if they know what is expected of them.
- It is unfair to expect help with everything you do. Some jobs are your responsibility. It is okay to ask for help when you really need it, but do not take advantage of your family or friends.
- Friends and family are more willing to help if you show that you are dependable and helpful.
- Let friends know you appreciate their help. Tell them "thank-you." It will make them feel good.

Now it is your turn. Think of three ways that you have helped others — parents, brothers, sisters, friends or teachers — this past week. Tell the group what you did and how you felt about helping someone else.

Respecting Others

A very important way to help others is to treat them with respect. You show respect when you try to be understanding of other people's *opinions* and *ideas*. You will not agree with everything your family and friends say and do. That is okay! Try to remember that everyone has the right to say and think what they believe.

Ask questions to learn more about what your family and friends are thinking and feeling. Listen to what they are saying. Try



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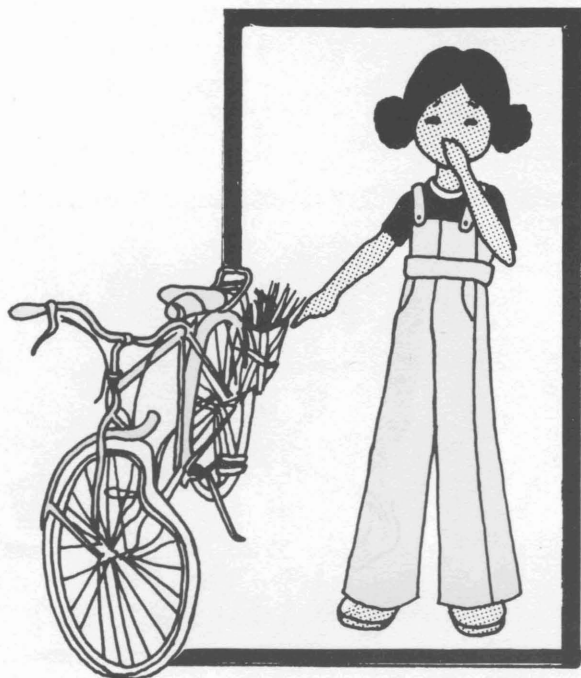
to find out why your friends feel as they do on a certain subject.

You show respect for others when you remember not to tease or make fun of your friends. It embarrasses and hurts your friends if you laugh at them. If you respect your friends' *feelings*, you will not do anything intentionally to hurt them.

Everyone does not have the same *family situations* or *religious beliefs*. It will take time for you to learn how to respect other families. Families have different needs, wants and interests. This makes each family special. Families also have different values. For example, some families think having a new car is important, while other families enjoy driving a car that may be several years old.

You will probably think that some of your friends' customs are strange because your family does things differently. It is okay to be curious about family situations that are unfamiliar to you. You can understand friends' families better if you listen to what they say, watch what they do and ask questions in a nice way.

A true friend respects the *property* and *rights* of others. He does not take advantage of other people and does not abuse what belongs to others. For example, if you



ride a friend's bicycle, you are responsible for the bike. How do you treat your friend's bike when you are using it? What would you do if you bent the fender of your friend's bike while borrowing it?

What Do You Respect?

There are many ways to show respect for friends. Eight different things you can show respect for appear in the scrambled word puzzle below. The words run forward, backward, up, down and across the page. Circle each word. Discuss with the group how to show respect for friends, after everyone has finished working the puzzle.

FAMILY OPINIONS RIGHTS
FEELINGS PROPERTY VALUES
IDEAS RELIGION

S E Y T R E P O R P
G O F U N X A M E V
N Y I D E A S Q L T
I B O Z S T H G I R
L V A L U E S X G A
E T R X Q B M Z I Z
E S N O I N I P O E
F A M I L Y U D N B

Where Can You Help Others?

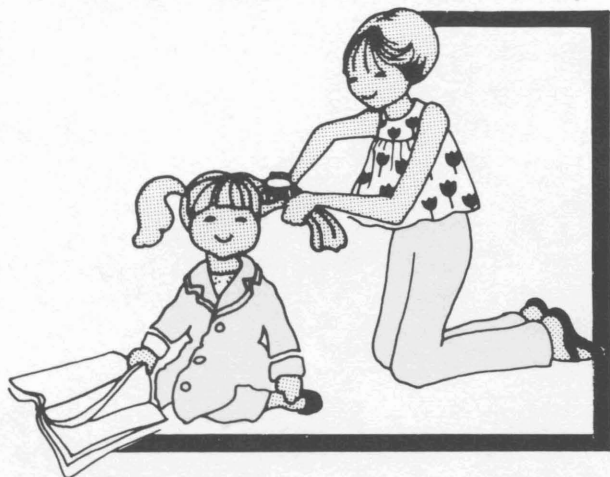
You are an important part of your family, class, group of friends and neighborhood. What you do and say to help others affects the people in these special groups. Their actions also influence you. You can help others in many different situations and places. Let's look at a few of the places friends can help each other.

In Your Family:

Being part of a family means helping each other. Your parents and other relatives have helped you in many ways. They

taught you how to get along with others and to be lovable. They may have helped you fix broken toys, comb your hair, select clothes or do homework. They probably take you places you want to go. They may do things with you such as going fishing, having a picnic or playing ball.

As a family member, you have certain responsibilities and duties, too. You help your parents with household chores and care for younger brothers and sisters. You may be involved in making family decisions such as where to go on Saturdays, what to do on holidays, what groceries to buy and who does what jobs. What else can you do at home to be helpful?



In Your Neighborhood:

You can help others in the community by showing respect for others' property. This means you do not tear up or take things that do not belong to you. If there is a park or playground in your community, you are responsible for keeping it clean and taking care of the equipment you use.

Consider the feelings and rights of younger children who share the playground with you. They have a right to play there, too. Do you respect other children's right to play in the park?

In Your School:

Going to school helps you learn new information and skills. Someday your education will help you get a job to earn a living. Through school activities, you meet

new people and make friends. You can also participate in sports, go on field trips or join clubs.

School time is more fun if you get involved in learning. You can help your teacher and classmates by behaving in class. Sharing new ideas and interests with classmates, brothers and sisters helps them learn, too. Share new ideas you learn, such as the metric system, with your parents. They like to know what you are learning.

Almost anywhere, you can help a shy classmate feel more at ease if you are friendly. Talk to shy boys and girls. Find out what they like to do. Then introduce them to some of your friends. Invite new classmates to participate in your group or club. You can help them feel that they are part of your group by being a friend.



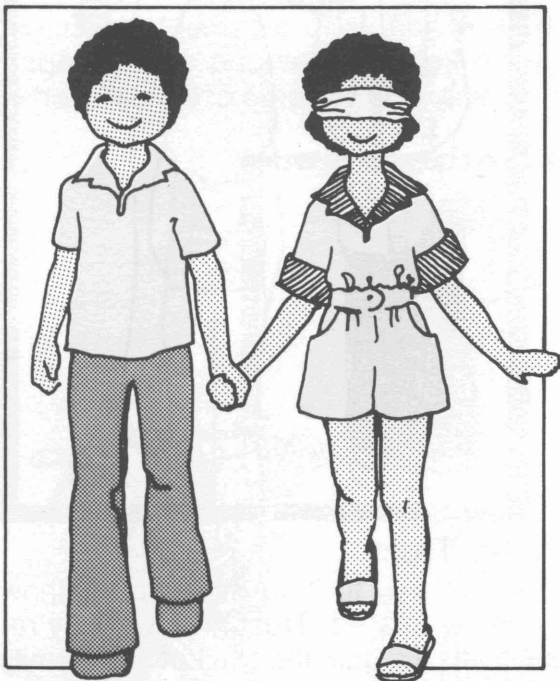
Building Trust

Another way to help others is to show you can be trusted. Trust is a two-way responsibility. To gain the trust of your family and friends, you must first show you are trustworthy. If you are fair and honest with others, they will learn they can depend on you to keep your word. To learn more

about trust, take a TRUST WALK with a friend. Here is what you need to do.

TRUST WALK

1. Draw for partners and wait for instructions.
2. You will take turns leading each other around the room or yard for five minutes without any talking.
3. One of you will act as guide, the other as a blind person. The blind person must keep his eyes closed during the Trust Walk. He depends on his partner to protect him from injury.
4. The guide is responsible for caring for his partner during the Trust Walk. Hold your partner by the arm, shoulder or put your arm around his waist to guide him. The guide is the look-out for both himself and his partner.
5. After five minutes the leader will tell you to change places with your partner. Remember the rules! No talking, and the blind person must keep his eyes closed.
6. After the Trust Walk, answer these questions and discuss your feelings with the rest of the group.



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When I was being led I felt _____

In leading my partner, I felt _____

What I liked best about the Trust Walk was _____

During the Trust Walk you depended on your partner to guide you safely around the room. Your partner also counted on you to keep him safe while you were the guide. Learning to trust others takes time and experience. At home you have learned you can trust your parents to protect, love and care for you. Your parents show they trust you when they ask you to take care of your little sister or go to the store to buy bread. Your older brother does not mind lending you his things, such as his baseball glove, if you respect his property and take care of it.

At school, church or play, friends learn to trust you when you keep your word. For example, you show you are trustworthy by keeping a secret or doing what you promised to do. Trust is a necessary part of friendship.

Answers to the "What do you respect?" puzzle on page 2.

