

Why is Trust important





Friendship and **trust** go together.



Trust means you do what you say you are going to do.



To grow a friendship can take time



Learning to **trust** someone can be a bit scary.

Things that show you can **trust** someone



They listen to you.



They support you.



You can tell them how you feel.



They help you with your problems



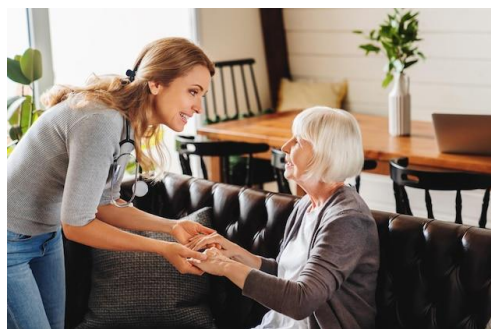
You feel safe when you are with them.



They are honest with you.



They respect you.



They are kind and caring



Some questions you can ask yourself.



Can you trust your friend?



Do I feel good when I am with my friend?



Do they help me when I need them?