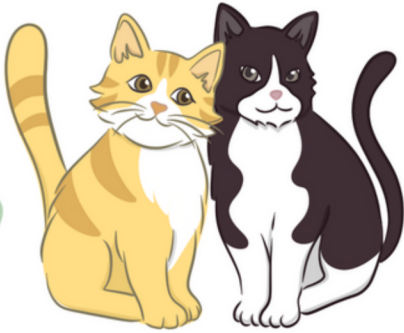


HEALTHY FRIENDSHIPS

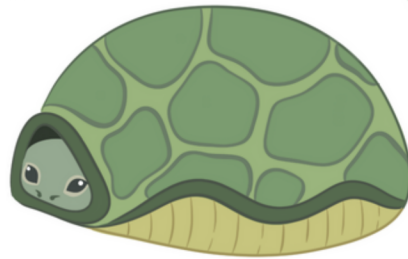
LOOK LIKE...



Spending Time With
Those Who Make You Feel Good



Going Against
The Group To
Do What's
Best For You



Saying "No Thank You"
When It's Not Right For You



Taking Time For Yourself



Speaking Up When
You Feel Uncomfortable



Liking Different Things
Than Your Friends Do

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