

# MAKING CHOICES

CHOOSING YOUR FRIENDS, YOUR  
INTERESTS AND HABITS, YOUR  
SCHOOL TOPICS – YOUR FUTURE.



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Human beings are social animals. Friendships play an important role in our personal development. They teach important social skills: how to behave in a group, give and take, lead and follow. During puberty, new experiences and challenges, both positive and negative, will be shared with friends. But what choices will you personally make?

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# You've got a FRIEND

In societies where family links are still very strong, friendships may not be quite so important, but where the family unit is small, or relatives live a long way away, friendships become increasingly significant.



## Everyone needs a friend

Human beings are social animals. We need friends, and friendships play an important role in our personal development. They teach important social skills: how to behave in a group, give and take, lead and follow.

Having friends improves our self-esteem and helps our emotional development. It can even improve our performance in school. We generally feel loneliest when we have friendship problems.

## All change?

During puberty, you may grow apart from some of your childhood friends. Adolescent friendships tend to involve more talking, listening, understanding and helping one another, as well as experiencing new things together. Many people find that some of the friends they have in their teenage years will stay friends for life.

