

Transcript for Unit 1 "Friends" video: ADLC_CALM_unit1c_friends.mov

What does it mean to be a good friend?

Girl 2: "Well, just kidding! Here's a bad friend!"

Girl 1: "Hogger! Nah, to be a good friend it really depends on the person. To get a generalization of it, it's somebody who understands you, somebody who willing to make, you know, like - the best way to say it as an example, if you want to go somewhere and if it's conflicting with their schedule, their going to be willing to give you the time to do what you want to do, but at the same time, you have to support them just as much as they support you - and somebody who supports, loves you, and somebody who you can laugh and still be serious with."

Girl 2: "Definitely. I think a big thing about being a friend too is understanding what kind of home they come from, I think that's a really, really big one. Because I know my parents are obviously different from your parents, which is, the rules of going out - you know, I can go out whenever, or you can't, or you can and I can't, I think you need to understand where they come from and the background that they come from and how their parents work too, because the thing is, if I expect you to come out with me every friday night, obviously every parent is not going to be OK with that."

Girl 1: "Exactly."

Girl 2: "In order to be a good friend you need to understand where their parents are coming from as well."

How do you support a friend in need?

Girl 2: "Yeah, you have to play the listener a little bit I think. It's really important to be that person that, as much as it's bad to say, maybe you know that your friend is not in the right set of mind, or they're not right in the situation that they're in, but you kind of almost have to tell them what they want to hear sometimes, and that's just kind of being a good friend - obviously if it's legal issues, or something like that, or somebody's being hurt then obviously you need to step in and say something. But if something like 'Oh, I'm so mad at my parents', you just need to nod and agree sometimes, because I know, when I'm angry, I don't want you to lay out every single flaw that I have. I want you to just listen and agree. And I think being a good friend and being in a good relationship, you are willing to kind of balance between the two, being honest and being a listener too."

Girl 1: "At the same time, going off that, you to be a listener like she's saying is... make sure they don't do something stupid. You can say 'Yeah, I'm really mad at my parents' and you say, 'Yeah, you know what, you're parents weren't being exactly the best people in the world'. But at the same time, if your friend says, well, 'I want to burn down the house', you need to have some sort of restrictions saying 'Listen sweetheart, that's not what you have to do' and, being the rational side while still being somebody who will be there for you and not against you, is definitely one of the hardest parts of being a friend. "

Girl 2: "Absolutely. I definitely think that's a big one too, is being their rational side, because when you're angry with your parents or angry with another friend, you're not always thinking straight, and being a good friend kind of involves being that person that's

like 'OK, take a deep breath, we're going to figure this out together, so, obviously, 'burning down the house is not a good choice, you're going to go to jail, so maybe not that - and this is what you should do.'

When is it time to get your friend help?

Girl 2: "You definitely need to know when it's appropriate to get involved and when it's not. I know, I've actually had first-hand experiences with somebody who - it's not her, it's not you! - but um, with somebody who was, you know, very, very, very emotionally distraught, and I knew, I couldn't not go to somebody and say "Listen, I have a friend who has a serious, serious problem". Because I know at the end of the day, that person didn't want me to do it, and they didn't, and I know that, but, and they were very angry with me, when they did find out it was me that told, um, but, I knew, deep down, years to come from now, that person is going to thank me for doing what I had to do. it was difficult, and I cried over it, and you kind of go through the emotional stress of it, but you know when it's the right thing to do you have to do it. You have to. Because you're helping and saving a friend, right?"

Girl 1: "At the same time, it's definitely, when it's serious, if they're talking suicide, or they're talking about something illegal, or they're taling about something to that extent, yes, getting somebody involved is needed. But if they're just saying things, and you know they're just saying things, and if you as a person over-react, that..."

Girl 2: "It can help push them."

Girl 1: "It can help push them over..."

Girl 2: "Yeah, over the edge kind of thing, absolutely, absolutely. That's a good one - is know when, I'm serious, I'm going to go out and do it, or I'm really, really, really angry - I need you to be just that sense of rationality that we're talking about."

Girl 1: "It all depends on the person as well."

Girl 2: "Yeah!"

Girl 1: "It all depends on how long you've been friends with them, like, if you've been friends for six or seven years, and they're saying something and you know it's not like them, and you know it's something serious, then you know you need to step in. But at the same time if you know someone for two months, and you think you're best friends, you could get somebody involved when they don't mean it."

Girl 2: "And I think a lot of it too is asking the right questions - that's a really big one. If you think, OK, let's talk we'll about suicide, and say to this person 'I'm going to kill myself' - you need to be that rational side 'OK, what do you feel this way' and if they give you, you know, logical reasons and they really thought things out, you should be concerned. Because they're thinking about it and that's very serious, or it's like 'I'm going to kill myself because my boyfriend broke up with me' - that's a little bit different. It's a little bit different - you need to 'OK, what's going on, just talk to me'."

Girl 1: "Definitely."

Girl 2: "Because, I mean, everybody is different."

