



cathy cassidy's Friendship Charter:

6 Easy Steps to Making A Difference



* **I promise** to show - and tell - my friends how much they mean to me. Often!

* **I promise** to always listen and be there for my friends... through thick and thin.

* **I promise** to do one random act of kindness every day (even if it's just the washing up!)



* **I promise** never to knowingly hurt a friend.

* **I promise** to speak out if I see someone being bullied - and make an effort to be friendly to the victim, too.

* **I promise** to hug the people I care about and take time out to have fun with them!



Signed

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