

Campfire Friends and Dumpster Fire Friends

*A guide to helping young people
reflect on friendship and
how to be a friend to others.*

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Purpose

Today you will think about:

- the kinds of friendships you are part of
- how those friendships feel
- and the kind of friend you want to be

Warm-Up

Think quietly for a moment...

















 When I am with friends, I want to feel:

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Notice the Difference!

Read each statement and decide which feels more like


 Campfire or  Dumpster Fire

- People laugh together (not at someone)  or 
- People make fun of others  or 
- I feel safe being myself.  or 
- I worry someone might make fun of me  or 
- I know I can trust them  or 
- People share my secrets or gossip  or 
- Teasing feels kind and respectful  or 
- Teasing feels mean or uncomfortable  or 

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How Does It Feel?

Think of a time when you were with your friends.

 My body felt:

 My thoughts were:

Circle one:

 Safe / Comfortable

 Not sure


 Uncomfortable

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Important Truth

Dumpster fire friends are NOT bad people.
Sometimes people make unkind choices.
Sometimes we ALL have moments where we
act like a “dumpster fire friend.”

Reflect:

 One time I might not have been a great friend:

 What could I do differently next time:

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The Friendship Fit

Sometimes it's not about “good” or “bad.”

Sometimes it's about fit.

Just like:

- **not all teammates play the same position**
- **not all people connect in the same way**

Some friendships feel better and healthier than others.

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Who Am I Around Others

Circle what you want to be known for:

- Kind
- Trustworthy
- Respectful
- Fun
- Encouraging
- Honest



I want others to feel this when they are with me:

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If Something Feels Off

If a friendship feels more like a dumpster fire sometimes, you can:

- take a break
- spend time with different people
- talk to a trusted adult

Friendships should feel: safe, respectful, and kind.
Not perfect, but healthy most of the time.



My takeaway from today is:

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