

## What to do if you want to stop being friends



Think about why you do not want to be friends.



Talk to someone you can trust about what is happening and ask for their advice.



If they are being a bad friend to you, try to talk to them to explain how you feel.



If you still do not want to be friends, you can tell them that you need some space.



This Easy Read was first published 12/06/2023

Last updated: 12/06/2023