

**HEALTH** Need to Know

# Social Health and Friendships

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# Hanging Out

What do you do when you hang out with friends? Do you go to the mall? Or maybe you play video games together. These are great ways to have fun. But did you know they are good for you, too? Time with friends is part of your **social** health.

Social health is more than just **interacting** with people you know. It has to do with everybody around you. This involves people you don't know.



# Part of a Whole

Health is made up of many parts. One part is physical health. This includes eating well, exercising, and getting enough sleep. Mental health is also important. It's the way a person feels in their mind. Social health is another part.

People need a balance in all areas of health. Too much of one part can mean too little of another. This can make a person sick.



What is social health? It's wellness that comes from connections with people. Good social health involves being part of strong **communities**. This may include people who live or work together. It can also involve bonds with friends and family.

Sometimes, people need a break from others. Social health can also include spending time alone. This gives people space to gather their thoughts and feelings.





Many neighborhoods have  
a strong sense of community.

# Tips for Building Social Health

1. Be honest and kind when talking with others.
2. If you need something, ask for it.
3. Practice saying no when something feels unsafe or wrong.
4. Offer to do a task for someone else.
5. Try something new. Join an activity or club.
6. Find a balance between communicating online and in real life.
7. Join a neighborhood clean-up.
8. Build connections across multiple communities.
9. Volunteer at a community center, church, or hospital.
10. Find common interests with others.