

Books of Faith	
Christianity	The Bible
Judaism	The Torah
Islam	The Qur'an
Sikhi	The Guru Granth Sahib Ji is the sacred text of Sikhi.
Taoism	Tao Te Ching
Humanism	No holy book
Buddhism	Tipitaka
Hinduism	The Vedas

The Golden Rule

The Golden Rule is common in all faiths but is worded slightly differently in each. This is the universal Golden Rule:

| 'Treat others as you would like to be treated yourself.' |

It links the faiths of the world together through a united value.

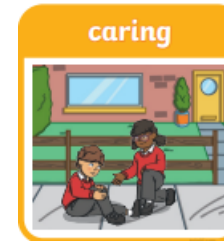
Symbols of Faith



Islam	Christianity	Judaism	Sikhi
Taoism	Humanism	Buddhism	Hinduism

Making and Keeping Friends

- Make friends with people who like and accept you for **you**.
- Smile and be approachable.
- Make an effort to speak to people.
- If you make a mistake, apologise. If your friend makes a mistake, explain how you feel, try to forgive them and move on.
- Appreciate your friends and show that you care about them.
- Remember, conflict between friends is normal; a good friend will put in the effort to work it out.
- One way to meet new friends is to follow your interests and passions. By doing this, you are likely to meet others who you have things in common with.



Set and respect healthy boundaries – any healthy friendship should have boundaries. These may change over time, but both people should be respectful of boundaries as they develop or are discussed. Boundaries are not only helpful for your own needs, but they also help others to know how to best connect and interact with you. Without boundaries, it can be difficult to trust others and to take care of your own wellbeing.

Communicate mindfully – the words you speak can be pleasant (such as when you pay a true compliment) or painful (like when you offer unnecessary and unkind criticism). Your speech influences your environment, shapes your reality, affects others' perceptions, and makes or breaks friendships.

Be open to feedback – ask for your friend's comments, thoughts and opinions on your latest project or a decision you must make. Whether they have similar or different beliefs or philosophies, good friends bring a unique perspective to your life.

Build trust – practising honesty and showing genuine interest in your friend's wellbeing are key to establishing trust. Do what you say you are going to do and keep your promises, or renegotiate if you can't keep them.