I usually prefer to be by myself than with friends

Friends are people to have fun with

My family are my friends

Friends care for and look after each other

I keep in touch with friends throughout my life

It is better to have loads of friends than just a few

Virtual 'online' friends are just as important as friends you see in real life

Pets can be your friends

Friends are people with the same interests as me

## Friendship is vital to every child's emotional well-being and educational achievement

It's best to help children make new friends rather than supporting them to stay in touch with friends from their previous placement

Whenever possible, young people should be allowed to have sleepovers with their friends

Young people should be encouraged to choose their own friends

I always encourage young people to bring their friends to our home so that I know who they're hanging around with

With so much going on in the lives of children in care, their friendships can't be a priority

Children and young people should not be using social media, it's just not safe

My 'own children' and their cousins provide ready-made friendships for the children in my care