



CANCER

MESSING

WITH



Friends

LIFE?





a Friend

AFFECTED

BY CANCER

IS
STILL



friend



A friend can really make a difference.

If your friend has cancer, or someone in their family has cancer (or has died from cancer), it's probably going to be one of the worst things they've ever experienced.

For more detailed tips on how to help your friend, visit www.nowwhat.org.au and view 'Friends Corner' in the Relationships section.

www.nowwhat.org.au is a dedicated website for young people who have cancer, who have a family member or friend with cancer or have had a family member or friend die from cancer. You can get info about cancer, chat on our forum and read stories from other young people who are just like you.



Here are some quick tips to help you help your friend:

- Remember they are still the same **person** you've always been friends with. They've just found themselves in a really really crappy situation.
- **Keep in contact regularly** so they know you are there for them: visit them, call, text, email, Facebook, instant message... just stay in touch.
- **Don't assume everything is always bad...** there are good days too. It doesn't always have to be about cancer, you can still talk and enjoy doing things you always have.
- **It's okay to ask questions.** If your friend doesn't want to answer them, respect that and move on.
- **Don't worry too much about upsetting them.** They are your friend, and even if you think you said something stupid, they'll get over it!