Users:

Id – primary key int  
Name – nvarchar (What other people see as name)  
Username - nvarchar  
Password – binary (20 bytes serving as password key)  
Salt – binary (20 bytes serving as password salt)

Friends:

Id – primary key int  
UserId1 – int (user that sent the friend request)  
UserId2 – int (user that received the friend request)  
Status – byte (value 0 – waiting, value 1 – accepted, value 2 – denied, value 3 – removed)  
 – Datetime   
  
Messages:

Id – primary key int  
FromId – int reference (user that sent the message)  
ToId – int reference (user that receives the messages)  
Status - bool (False – Stored, True – Accepted)  
Content – nvarchar(500) (The message itself)