

Making friends



Making friends can be hard. It can take time.

If you want to make some friends but don't know how to get started, there are some things you can do...

Talk to someone you trust.



Ask them to tell you the good things about yourself.

Building your confidence is important.



Look out for people who have similar hobbies and interests as you.

Join a new activity or club.



Meeting people who have the same interests as you is a good start.

If you both have something in common, you can talk about this.

If someone in the group seems friendly, say hello.





You could ask the person questions like:

"How was your day?"

"Are you having a good time?"

"What do you like to do for fun?"



You should not ask questions that are personal or private.

It is good to wait until you know them better to ask more personal questions.



Listen to them.

Do not talk when they are speaking.



If they look away, yawn, ignore you, or say they have to go, it could mean they want to stop talking.

Try talking to someone who smiles and is friendly to you instead.



If you are getting on well with someone, make an effort to talk to them when you see them.



You can start to give compliments like 'I like your shoes/bag' or tell them they are good at something.



When you get to know each other better, and if you both like spending time together, you can form a friendship.



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