

## Friendship

**Making friends can be challenging sometimes. However, just focusing on small things might help.**

### **Join a group or club that you like.**

A group or a club might be a good place to find friends as other people with similar interests as you will be there and it might be easier to connect with them.

### **Start an interaction and respond to others trying to interact with you.**

It can be challenging to have a first conversation with someone else. You might think 'I don't know what to say' or 'These people will never like me'. Asking other people's names, ages, hobbies, likes and dislikes might be helpful to start a conversation. Similarly, other people might ask similar questions and, in that case, answering and asking those same question back might be a good start.

### **Remember to ask questions and take turns when talking.**

When talking to people, we might get caught up in what we are talking about and not let others speak. It is important to take turns in conversations, so that both you and the person you are talking to can speak. Asking questions might be a good way to keep a conversation going in turns.

### **Find a common interest.**

Were you ever in a situation where you had an initial conversation with someone and didn't really know how to build a relationship from there? In those cases, it might be useful to find an activity you both enjoy and plan on doing it together. For example, if you both like videogames, you could plan to meet after school and play together. Therefore, sharing is also important. It is ok to share your things, and, in this example, your videogames.

## How to deal with conflicts and arguments.

You will probably get involved in arguments when interacting with friends. That is ok, everyone is different and you might disagree with others. It is important to remember that if you get angry, it would be best to calm down before talking to your friends. Similarly, it is important to recognize when we make mistakes, and apologize if we feel like we upset someone. Remember that conflicts and arguments are normal and they don't end friendships, you just need to find a solution with the other person.

## Be kind, emphatic and be happy for your friends.

Being kind can be a very good way to show others that you care. This includes things like helping or complimenting your friends. Similarly, when friends accomplish something you also wanted to accomplish you might be a bit jealous, however it is important to be happy for them and congratulate them. It is also important to connect with your friends. Empathy is a good way to connect.

**Remember, not everyone can be a friend for all situations and that is fine. For example, we might have one friend very good at competitions, but not at keeping secrets. Similarly, if one person is not your 'best friend' that doesn't mean you cannot be friends, it just means that friendship has different limits.**

## Time for a little reflection...

What would you like to get from a new friendship?

What makes someone a good friend?

What makes you a good friend?

Does anyone at school/club share similar interests like you?

Is there any club/ group you could join?

How would you start a conversation?

How would you deal with disagreements?

How would you ask a friend to see them again?