




Making new friends

Lesson 2




Aims of the session

- ▶ To consider some ideas of how to make friends.
 - ▶ To clarify some ways of taking the first step in making new friends.
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Making new friends

- How do you feel about making new friends?
- Are you a: walk into a room and instantly have lots of new friends?
- Are you a: will make new friends but it can take a little while to get to know people?
- Or are you a person who hates the idea of meeting new people and struggle to find the right way to do so?





Surprise surprise, most people are a mix of 2 and 3. So what can you do to make friends more easily?

- ▶ In pairs or groups have a think about what things are good at helping people to meet new people.
- ▶ Write down a few statements or topics that are good for people to use if they do not know what to say to people.

Here are a few ideas



wiki How to Make Friends: Easily if You're a Teen

1
Notice people in your classes. Maths class might not be your favourite pastime, but it can be a great place to make friends.

One of the benefits to being a teen is that you go to school with hundreds of potential friends. The people in your classes are going to be close to your age, and if nothing else, you'll have that class in common.

Start looking around the room to see if anyone in the class seems interesting or friendly.



2

Look for other teens in your neighbourhood.

Outside of school, you can look for people your age out in the community. Go out to places where teens often hang out (e.g. pool) or volunteer in the community.

You could also get a job at popular hang out spots. For example, if you decide to work at the movie theatre, you will probably meet quite a few people coming in and out to watch movies. An even better option might be to work as a lifeguard at a pool.



3

Join extracurricular activities at school.

Wootton provides a host of extracurricular activities for students.

Take advantage of this friend making opportunity by choosing an activity that most interests you.

Chances are that other teens in the same activity will have things in common with you.

If you are interested in music, you might want to join a band or choir. If you like to run, try joining a track team.

These groups will give you opportunities to make new friends.



4

Go to clubs and public events in your area.

Outside of school, communities often have their own groups and events for teens.

Take advantage of these gatherings to give yourself the opportunity to make friends that live near you.

This is a particularly good way to make friends in the summer or during other school breaks.

For example, if your neighborhood has something like a community climate group, consider joining to make new friends.

Approaching People



Be aware of your body language. Your body language can send the message that you are open and ready to talk to someone. It can also send the message that you'd rather be left alone.

If you are nervous and uncomfortable, you may accidentally be sending messages that suggest that you'd rather be left alone than talk to people. This will discourage people from approaching you.

For example, sitting with your arms or legs crossed gives the impression that you are closed off to other people.

Smiling at people will signal that you notice them and are open to talking to them.



Observe their body language.

Just like your body language is important, the other person's body language can give you a hint as to how they are feeling.

If they seem closed off, they may be having a bad day or not feel like talking. If they are smiling and enjoying themselves, you might have more luck approaching them.

Considering body language can help you avoid being shut down when someone is having a rough day.

For example, if someone is sitting off to themselves with their arms crossed in front of them, they may not be open to being approached.

If someone smiles at you, they may be interested in talking to you.



Make eye contact.

Eye contact is important when you are trying to approach someone.

If you look at them and they look away, they may be busy or not interested in talking.

On the other hand, if they make eye contact with you, that is a good time to say something to them.

For example, if you make brief eye contact with someone, reach your hand out and introduce yourself. Say something like “Hi, I’m Mike.”



Drop a quick compliment.

Most people enjoy being complimented.

If you are having trouble approaching people to start conversations, try dropping a compliment on strangers as you walk by.

There is no need to stop and try to initiate a conversation.

You could say something like:

I love those shoes!

Awesome hair!



Ask a question.

If you want to engage someone in conversation, you will do well to put the ball in their court.

When you ask someone a question, they generally answer you.

This is especially true if the question follows a compliment or is relative to the situation.

For example, you might say,
“I have got Science in lab 9, do you have anywhere idea where it is?”



Comment on the situation.

You will often find yourself in social situations with people you don't know.

If you want to talk to one of them, you can start the conversation by commenting on the situation.

After all, at the very least you have one thing in common - you are both in the same place.

For example, you might say something like,
“ That lesson went better than expected! The teacher made me laugh, did she make you laugh?”



Realize that your insecurities are normal.

If you feel nervous to go up and talk to strangers, you're not alone. You should know is that almost everyone feels the same hesitation.

Just realizing that these insecurities are shared by other people can help you to work through them and find the courage to talk to someone new.



Remember it will not always go to plan,
and there will be a few ups and downs!

Make sure that you help someone out
and they are more likely to help you
back!

Watch the video below for one Youtubers advice on making friends.



Click the picture, stop at 2.16 otherwise you just get a lot of adverts!



Time to reflect:

- ▶ Write down 3 things that people can do to help them make friends
 - ▶ Write down 2 things that you have discussed and seen that you think may help you
 - ▶ Write down 1 thing that you are definitely going to do at your next school to help you make friends.
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