

MAKING FRIENDS & MEETING PEOPLE

A friend is someone you have fun with and share your thoughts and feelings with.
Friends enjoy spending time together doing, or talking about, similar things.
These things are called common interests.



How can you meet new people & make new friends?

1

FIND GROUPS BASED ON YOUR INTERESTS

- These groups are based on something you enjoy, meet at a time and place that fits your schedule, and have members that are around your age.
- Examples: book club, cooking class, basketball team, volunteering

2

JOIN, ATTEND, AND INTRODUCE YOURSELF

- When you get to the activity, introduce yourself to the other group members.
- Listen to the others. Try to remember and use their names.

3

CONNECT AND SHARE CONTACT INFORMATION

- Get to know each other and find common interests. Mention that it might be fun to meet up again sometime.
- Ask for their contact information and share yours.

4

RECONNECT AND INVITE THEM TO HANG OUT

- Next time you see them, reconnect by asking how they are doing.
- Invite them to do an activity that's related to your common interest.
- Examples: go to a movie that you are both interested in, go to a museum or sports event together, take a bike ride together

5

SCHEDULE, MEET UP, AND HANG OUT

- If the other person agrees, schedule a date, time, and location to meet.
- Don't forget to show up!
- Get to know each other better by talking about other common interests.