

# Friendship

How to Make Friends and How to Be a Friend

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The Idaho Self-  
Advocate  
Leadership Network



CENTER ON DISABILITIES AND  
HUMAN DEVELOPMENT

*live learn work play*

**University of Idaho**

College of Education, Health and Human Sciences

# The Purpose of This Training is:

- ▶ To talk about friendship, why it's important and how to make friends.
- ▶ To learn how it makes everybody's lives better.



# What is a Friend?

- ▶ Someone to do things with.
- ▶ Someone who treats you with respect.
- ▶ Someone who is loving and understanding.
- ▶ Someone who will be there when you need them.



# A Friend is Also...

- ▶ Someone who will let you be yourself.
- ▶ Someone you can share yourself with; they can share themselves with you and keep personal things between the two of you.



# Why Have Friends in Your Life?

- ▶ To enjoy life.
- ▶ To have someone be there for you in good times and in bad times.
- ▶ To feel included and loved.

*Good friends  
are **hard** to find,  
**harder** to leave,  
and **impossible** to forget.*

# What Does It Feel Like Without Friends?

- ▶ Lonely and isolated
- ▶ Sad
- ▶ Unwelcome and un-needed
- ▶ Boring



# Things You Want to Have in a Friend...

- ▶ Honesty
- ▶ Loyalty
- ▶ Understanding
- ▶ Patience
- ▶ Acceptance
- ▶ A Sense of Humor
- ▶ Support in good times and in bad times



# Where Do I Meet People Who May Become My Friend?

- ▶ Work
- ▶ Church
- ▶ Gym
- ▶ Neighborhood
- ▶ School
- ▶ Clubs, sports, and hobbies
- ▶ Doing things in your town





# One Type of Friendship Is...

- ▶ Acquaintances... These are people you may be friendly with, but you don't share all your ideas or life experiences with.



# A Second Type of Friendship Is...

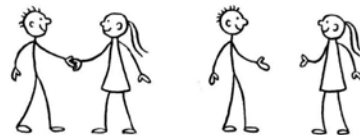
- ▶ Close Friends... These are people you trust with your secrets. They're always there for you. They're like a part of your family.



# Put Yourself Out There!

## Make a Friend!

- ▶ Smile, introduce yourself.
- ▶ Find something you have in common to talk about. Be positive. Find out more about them. Ask them about any hobbies or other interests they have.
- ▶ Share something fun and interesting about yourself.



# Making Friends

- ▶ Ask them if they would like to do something together with you soon.
- ▶ Exchange phone numbers once they say yes.
- ▶ Do things together that you both enjoy, like:
  - Bowling
  - Going to the movies
  - Eating lunch together
  - Shopping
- ▶ Decide if you want to continue a friendship with them.



# Friendship is a Give-and-Take Relationship

- ▶ Be honest.
- ▶ Treat people how YOU want to be treated.
- ▶ Be respectful.
- ▶ Be supportive.

The Golden Rule  
Do to others  
as you would have them  
do to you.

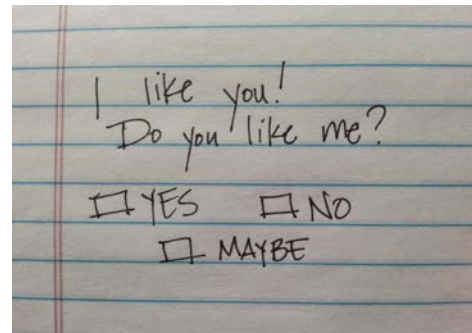
# When You Get Into an Argument...

- ▶ Try to stay calm and try not to say things that you will regret later on.
- ▶ Take time away from each other to think about what happened.
- ▶ Talk to your friend about what happened when you're both calm.



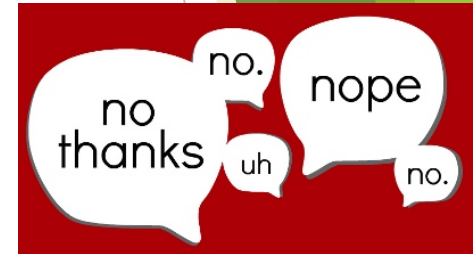
# What if Someone Wants to Be Your Boyfriend/Girlfriend, but You Don't Feel the Same Way?

- ▶ Listen to what they have to say.
- ▶ Be honest about how you feel, even though it may hurt their feelings.
- ▶ Tell them how important their friendship is to you. Don't make any promises you know you can't keep.



# What Happens If They Don't Take "No" for an Answer?

- ▶ Be honest and clear with the person. Tell them there is no relationship besides a friendship.
- ▶ Ask someone you trust for help.
- ▶ Call a family member or a friend if you're scared.
- ▶ Call the police if they won't leave you alone.





# What is a Good Friendship?

- ▶ They listen to you, and you listen to them.
- ▶ They respect you, and you respect them.
- ▶ They care about and try to understand you. You care about and try to understand them.
- ▶ You are important to them, and they are important to you.
- ▶ You are loved as a friend, and you can love them as a friend.

# What is a Bad Friendship?

- ▶ You feel down when you are around them.
- ▶ Being around them is not fun.
- ▶ You don't feel important to them.
- ▶ They might make you feel not proud of yourself.
- ▶ It might feel like the friendship is one-sided.



**Who do you have in your  
life that's a good friend?**



# THANK YOU FOR VISITING!!!

Hope you enjoyed the training today! For more training videos and information on self-advocacy and related topics, please visit:

<https://idahocdhd.org/isaln>