Friendship

How to Make Friends and How to Be a Friend

The Idaho Self-Advocate Leadership Network

SARTAC
Self Advocacy and Beyond

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