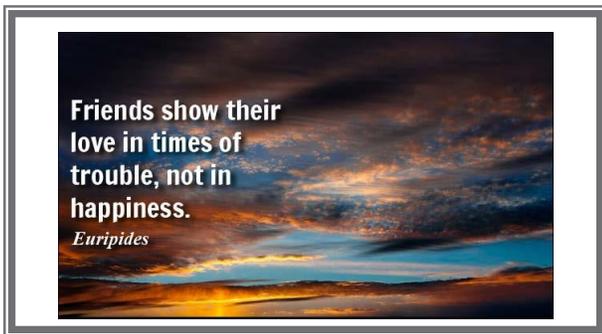


# ALL ABOUT FRIENDSHIP

## REFRESHING

Are you someone who has lots of friends or someone who has only a few close friends, or are you somewhere in-between? Friendships are important to our well-being. They provide companionship, someone to talk to and confide in, and someone to spend time with and keep things from getting too bored. But how important are those friendships to us?



### Who are friends?

Friends are an important part of our lives. Our friends are usually people we trust and respect. Like any relationship, friendships generally require work, and it's not uncommon if you make changes in a friendship.

### Managing arguments

Sharing ideas and opinions with each other is part of having a friendship. Having different ideas and opinions is normal, and these differences might lead to arguments

### Accept your differences.

The differences between you and your friend make you unique individuals, and can keep a friendship exciting.

### Talk with your friend.

Letting your friend know how you feel might be helpful. Keeping stuff to yourself could make you angrier. It is a good idea to speak to your friend when you both are calm.

## TIPS TO BE FRIEND TO OTHER

# 1

Get out in social places. To meet new **people and make good friends, you'll need to** be where people are interacting on a social level.

# 2

Join some clubs, like mixed netball, chess club, or **make your own!** Search online for club opportunities in **your area. Remember, you aren't the only one** in town hoping to find a new friend!

# 3

Go to local events. Concerts, neighborhood meetings, or even store grand openings and events at your local library are places where you can interact on a social level with like-minded individuals.

# 4

Join online forums. Find forums on subjects that interests you. In online forums you can discuss a wide variety of subjects and issues that you relate to with other people, and increase your chance of making a connection with someone who shares common interests.

# 5

**Find common ground.** To find good friends, you should get involved with things that *you* like to do, so that if you do meet someone, you'll have the same interest.

# 6

Use social media to put yourself out there. Join an online social site, like Facebook, so that if you meet someone you can add them to your social network.