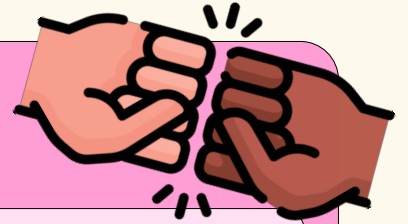


Make Friends

& Navigate Social Connections



HOW TO MEET NEW PEOPLE



- Use online resources
- Check out community centres
- Look into clubs & organisations
- Attend events
- Volunteer
- Use Work/Institution resources
- Join online communities

CONVERSATION STARTERS



- "What do you like to do in your free time?"
- "I love your outfit, where did you get it?"
- "I'm really interested in [topic], have you ever tried it?"

DON'T FORGET BODY LANGUAGE



Be aware of your body language, maintain good posture, make eye contact, and smile.

try to be authentic and confident! make a good first impression

A GOOD FRIEND TO YOU MIGHT....

- Be trustworthy
- Be supportive
- Be honest
- Be reliable
- Have shared interests
- Share your sense of humour
- Be empathetic
- Have a positive attitude
- Have shared values
- Be respectful

characteristics and traits that can indicate a strong and healthy friendship