

HI BFF: How to make friends



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What is a friend?



A friend is someone you like being around and have fun doing things with. They support you and have your back when you need them.

A good friend...

- Accepts you for who you are
- Respects you
- Speaks kindly to you (i.e. compliments and praises)
- Cares about your feelings
- Listens to you
- Supports you
- Laughs with you
- is honest
- is loyal (won't gossip about you)
- Keeps their promise
- Shares with you
- Likes spending time together

HI BFF: A step by step guide to making friends



Have a time in mind
Introduce yourself
Bare and share
Friend takes a turn
Finish up
conversation

STEP 1: HAVE A TIME IN MIND



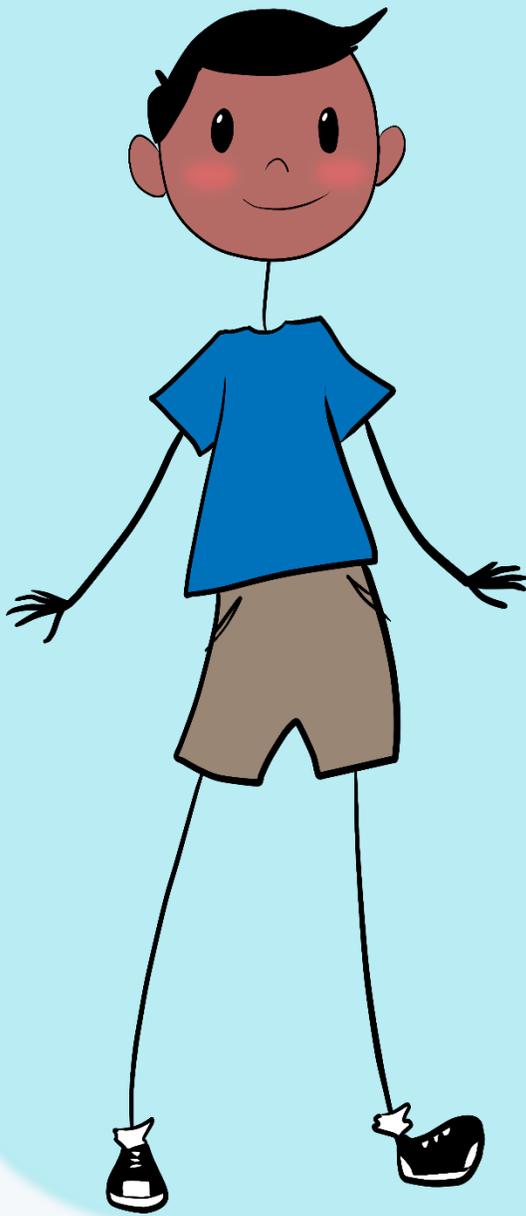
It is important to choose the right time to start a conversation with a peer. Make sure they are not busy doing something or talking to someone else.

STEP 2: INTRODUCE YOURSELF



When you are introducing yourself to someone, make sure you look them in the eyes. Try not to look down. Remember to speak clearly, and don't forget to SMILE!

STEP 3: BARE AND SHARE



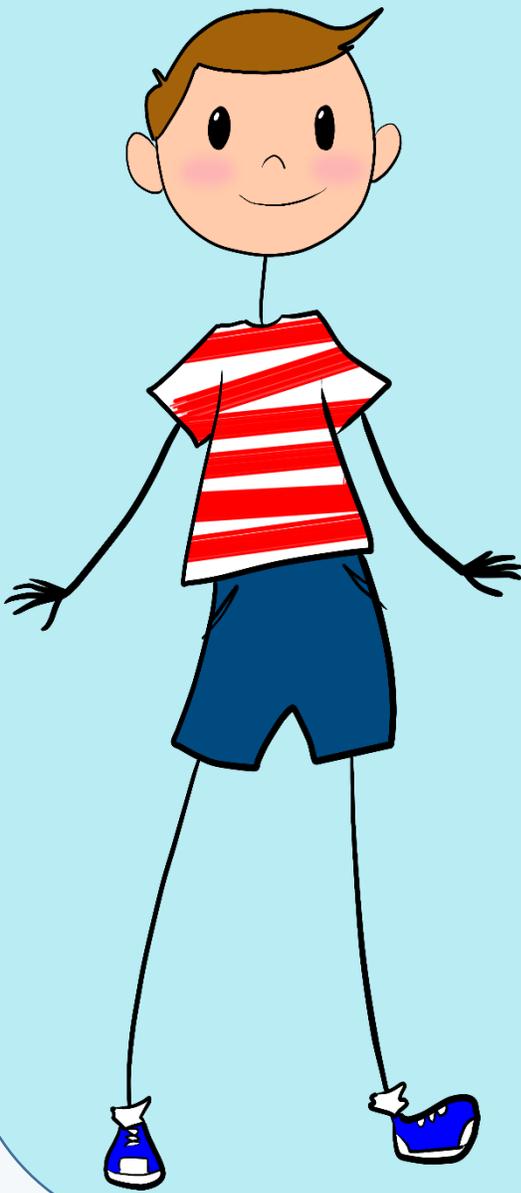
When getting to know someone, it is important that you share information about yourself. Tell them what you like and don't like (i.e. food, movies, toys, etc.). You can also talk about any sports, activities, and/or hobbies that you are involved in. Remember, just be yourself!

STEP 4 : FRIEND TAKES A TURN



When you are done sharing information about yourself, allow the other person to talk too. This will give you a chance to get to know them and to see what things you have in common.

STEP 5: FINISH UP CONVERSATION



When it is time to end the conversation, do so respectfully. Wait until the other person is done talking. You can say something like “I have to go now, I’ll talk to you later.”

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