

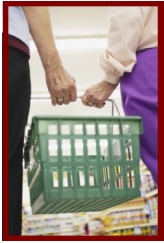
# Friends and Relationships



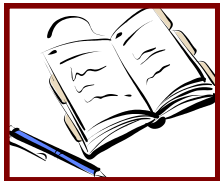
## YOU MAY WANT TO INCLUDE....



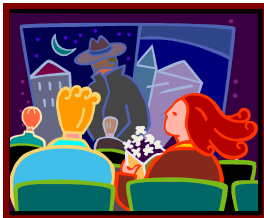
- Making Friends



- Keeping Friends



- Names, Numbers, Addresses, Emails, Birthdays



- How to Make a Date

# Friends and Relationships

## How To Meet New Friends And Keep Them *By Robert Kay*



When I was in school it was not easy to make friends. I started to get out in my community and meet people at groups, volunteering, clubs and playing sports.

And it is a big challenge to find a friend. You have to put yourself out there to find the right friend. Friends that don't care if you have a disability or not. Friends that like you for who you are, not what you give them.

Friends are great to have to go out to movies or just hang out at your house or go out on Friday night.

Friends can introduce you to other guys and women. Maybe one of them will find you a boyfriend or girlfriend.

Overall, having friends is great. You can have many friends.

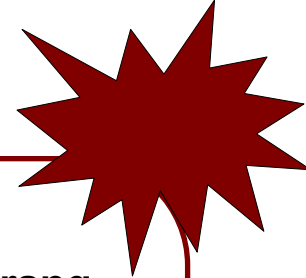
I have a lot all over the world. I still have a friend from grade school. His name is Joel.

And I meet new friends every day.

### What You Need To Do To Find A Nice Friend?

1. You need to walk, cruise over and introduce yourself and shake the person's hand and tell them your name.
2. After you meet that person you need to spend time with them and see how they act around you.
3. And my advice is don't get a girl in the middle of a friendship.

# Friends and Relationships



We all have many different relationships in our lives.



You have **family** and some of you are likely enough to have **friends that are very close to you.**

In these relationships you experience love, trust, enjoyment of company and dependability.

**Casual friends and acquaintances** are different relationships. These are people you go to school with, teammates, people you see regularly at church, at Special Olympics, self-advocacy meetings. You like them, enjoy being with them, and have fun with them.



Other people are **paid** to have a relationship with you. These are your teachers, para-educators, doctors, counselors, coaches. You feel friendly towards them. You have shared interests or activities.



The rest of the people are **strangers** or people you don't know. You are polite with them, but do not have a relationship with them.

While you are going to school you see a lot of people every day. This leads you to think you have lots of friends.

## **STOP and THINK!**

**In your mind, think of someone you call a friend. Is this a person:**

- ‡ Who you trust?    Y        N
- ‡ Who you can tell your secrets? Y    N
- ‡ Who is fun to be with? Y        N
- ‡ Who you do things with outside of school?        Y        N
- ‡ Who you could ask for help? Y        N

5 Yes = **Friend** (Don't forget not paid.)

1 or more No = **Acquaintance**

# Friends and Relationships



My Friends are...

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Things We Do Together

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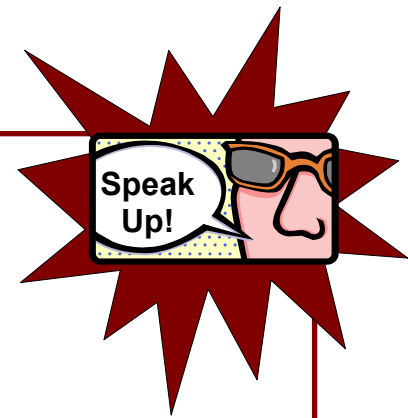
Practice making dates (scheduling to do something with a peer) with your peers now. Then you will know how when you graduate. Remember there won't be school to get together with your friends. It can get pretty lonely out there.

Once you get this friend-thing figured out, you may be ready for a romantic relationship.

It takes two to be friends. It is a responsibility you both need to take seriously.

# Friends and Relationships

Let your team know friends are very important to you.



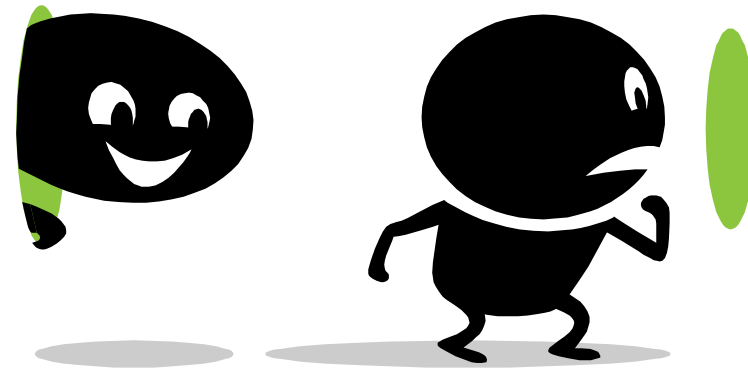
Who will you talk to?

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**Safety!**

What kind of help do you need?

- Thinking about others
- Making friends
- Keeping friends
- Making a date
- Communication – staying in touch, talking about problems, internet sites
- Transportation
- Keeping track of peers' telephone #'s and email addresses
- Keeping yourself safe



If **anyone** in any kind of relationship makes you feel uncomfortable-

**Tell your safe person, a trusted adult.**

It's better to be safe than sorry.