

Information for students

Making and keeping friends

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Friends are very important in our lives. They can help us when we feel low and they can help us celebrate good times.

A joy shared is doubled. A sorrow shared is halved.

The following ideas will help you make friends with those boys and girls you see on a daily basis, either at school, in your neighbourhood, when you are playing sport or when you are travelling to and from school.

- Smile when you see a person you know or recognize.
- Use a person's name when talking to him or her.
- Ask friends for their phone number(s) so you can telephone them and their e-mail address(es) so you can message them.
- Find out what they like and talk to them about things that interest them.
- Ask them about their favourite piece of music or a favourite book they have read or their favourite sport or their favourite place.
- Be interested in the other person.
- Discover things you may share in common, like playing handball.
- Talk a little about yourself, but do not talk about very personal things until you have known the person for some time.
- Remember, you have to make an effort and put out the hand of friendship.
- Make sure you do what you have said you will do – always keep your promise.
- Be prepared to admit when you are wrong.
- Say sorry if you think you may have hurt someone's feelings.
- Be prepared to laugh with your friends at yourself when you do or say something unusual or silly. Say something like "Oops, silly me!"
- Remember that most friends are just like you. They may forget to do things or they may forget to ring you. Nobody is perfect. Be forgiving.

- Tell your friend good things that have happened to you or things you have done.
- Do not tell secrets or special things your friends may have told you to other people.
- Give help even when a friend does not ask for it.
- Telephone or e-mail your friends when they have been away from school or send a get well card.
- Collect class notes for absent friends and let them know about homework or important messages given out by a teacher.
- Spend time with your friends at school, after school and on the weekends.
- Ask your friends to go to the movies or come home to watch a video with you at the weekend.
- Congratulate your friends when they have done something super or done well in a race or a competition.
- Remember to telephone or e-mail a friend, send him or her a card or give him or her a small gift on his or her birthday or name day.
- Say nice things about your friends to other people.
- Always be positive and try not to criticize your friends to other people.
- Let your friends have other friends.



For more Information

If you require further information please contact:

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