



STUYVESANT HIGH SCHOOL'S **SPARK PROGRAM**



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“TIPS FOR MAKING & KEEPING FRIENDS”

1. REACH OUT

- Don't always wait for someone else to make the first move.
- **A simple “Hi!” and a smile go a long way.**

2. GET INVOLVED

- **Join clubs that interest you.**
- Take special classes inside or outside of school. Check out neighborhood and community organizations.

3. LET PEOPLE KNOW THAT YOU'RE INTERESTED IN THEM

- **Don't just talk about yourself. Ask questions about them and their interests.**
- This is a basic social skill that many people lack. It will make you seem like a brilliant conversationalist.

4. BE A GOOD LISTENER

- **Look at people while they're talking to you.**
- Pay attention to what they say.

5. RISK TELLING PEOPLE ABOUT YOURSELF

- **When it feels right,** let them in on your interests, your talents, and what's important to you.

6. DON'T BE A “SHOW-OFF!”

- **Not everyone you meet will have your interests and abilities.** (On the other hand, you shouldn't have to hide them – which you won't, once you find people who like and appreciate you.)

7. BE HONEST

- **Tell the truth about yourself,** what you believe in and what you stand for. When someone asks your opinion, be sincere. Friends appreciate honesty in each other.

8. BE KIND

- **There are times when being tactful is more important than being totally honest.**
- The truth doesn't have to hurt.

9. DON'T JUST USE YOUR FRIENDS AS “SOUNDING BOARDS” FOR YOUR PROBLEMS

- Include them in the good times too!

10. DO YOUR SHARE OF THE WORK

- **Any relationship takes effort.** Don't depend on your friends to stay in touch with you, make all the plans and make all the decisions.

11. BE ACCEPTING

- **Not all of your friends have to think and act like you.** (Wouldn't it be boring if they did?)

12. LEARN TO RECOGNIZE THE “SO-CALLED FRIENDS” YOU CAN DO WITHOUT

- Some people get so lonely that they put up with anyone, including friends who aren't really friends at all.