“TIPS FOR MAKING & KEEPING FRIENDS”

1. **REACH OUT**
   - Don’t always wait for someone else to make the first move.
   - A simple “Hi!” & “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. **DON’T BE “A SHOW-OFF!”**
   - Not everyone you meet will have your interests & 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.

6. **RISK TELLING PEOPLE ABOUT YOURSELF**
   - When it feels right, let them in on your interests, your talents & what’s important to 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 USE YOU’RE FRIENDS as “SOUNDING BOARDS” FOR YOUR PROBLEMS**
   - Include them in the good time too!

10. **BE ACCEPTING**
    - Not all of your friends have to think and act like you.
    - Wouldn’t it be boring if they did?

11. **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 & make all the decisions.

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.

Stuyvesant High School’s
School Counseling Department
Personal & Social Development:
Character Building & Life Strategies