

## What shall I do if I want to make new friends?

Hello, I'm Miss Rawlings and I come into Bishop Ullathorne to help pupils. Here's some advice to help you if you're worried about making friends

Pick a person you would like to get to know better. Invite them to spend time with you doing something you will both enjoy. Ask about their likes, dislikes, interests and experiences and share yours, with them.

Remember to be yourself. Your friends will like you for who you are. Don't pretend to be something you are not.

Be patient. Making friends is a gradual process as you get to know each other.

Spend time with your friend's friends. It can feel less awkward if you already have a friend to introduce you

Join an after school club. This is a great way to find people who share the same interests as you. It can be easier to talk to new people when you share a common interest. There are lots of clubs to join!

Be approachable. It is easier for people to make friends if they look like they might like to talk. Smile, say hello and be aware of your body language.

Compliments can make good conversation starters. Try to talk to others even if it makes you feel a bit uncomfortable. Talking to someone on their own is usually easier than talking to a group of people.

Miss Rawlings works for the Complex Communications Team