

Friendships Factfile

- **Your friends** can **play a big role** in forming **your identity** and **how you see yourself**
- **Spending time with friends** can help **build your communication skills**, which is **important** for work, family and relationships in the future
- Having **friends who are not the same as you** can help you be more **understanding of differences**
- **It's natural for friendships to grow and change over time**

How can I make new friends?

Focus on things you have in common like a favourite band, TV show or book.

Be a good listener... try to let the other person answer before saying anything else.

Be kind! Say nice things about others, or give them a (genuine) compliment!

Mix up your routine! Talk to someone different or try a new hobby or sport to meet other people.

