

## Concern—Making Friends



Lots of young people become worried about making new friends. They talk about the challenges of moving to secondary school without existing friendship groups.

### Tips:

- \* Join a club or after school activity to meet new likeminded people.
- \* Be yourself and you'll make friends with people like yourself.
- \* Smile and be approachable.
- \* You may find that some friendships grow whilst others split, this is a very normal part of growing up. Just because someone has a new friend, doesn't mean they'll forget about you.
- \* Make an effort to speak to people even if it takes you out of your comfort zone.
- \* Don't rush this: the most genuine friends come gradually as you get to know each other, not by trying to be instantly popular.
- \* You will be seated with different people in different subjects and will have to work together. This is a good opportunity to get to know your classmates and form new friendships.

