

How to make and keep good friends

“Friendships take time, effort, and a genuine interest in the other person”

Making friends can be a big challenge. Some of us are shy and some of us are talkative. Making friends can be difficult for some people. We all want to be liked and to have good friends.

What are some of the ways to make good friends?

- **Attend social events:** social gatherings are a good start to meet new people.
- **Go to parties, chill** in the park or watch a music concert.
- **Interact with new people:** Don't just talk; remember to listen when someone is talking to get to know them better. Try to join in conversations even if you are feeling shy.
- **Start a new hobby or join a club:** Increase your chances of making new friends who have the same interests as you by starting a new hobby, sport or club to boost your confidence.
- **Track down old friends via Facebook.** Reconnect with old friends by turning your 'online' friends into 'real-world' friends. Suggest meeting up instead of just chatting online.

Remember... that making a friend is just the beginning of the journey into friendship. Friendships take time, effort, and a genuine interest in the other person.

- Be honest, loyal and reliable: always tell the truth to your friends and be there for them!
- Don't peer pressure your friends to do drugs, steal or lie to their parents.
- Be forgiving: No one is perfect and every friend will make mistakes.
- Remember, you have different friends for different reasons: 'Hi-Bye' friends (or acquaintances), every day friends and life-long true friends.

In the end, don't forget that your first friend is you. If you can accept and love yourself just the way you are then you will find friends everywhere.