

Build a Circle of Friends



Making new friends and keeping old friends can help you have fun and stay healthy. Sometimes this can be challenging. Here are some tips you can try.

Making new friends

- ▶ Think about some activities that make you feel good about yourself. Include familiar things, as well as new things you might like to try:
 - ▶ Acting, dancing, playing a musical instrument
 - ▶ Biking, hiking, rollerblading, swimming
 - ▶ Drawing, painting, taking pictures, writing
 - ▶ Playing your favorite sport or a new sport
 - ▶ Gardening, volunteering
- ▶ Go where people are doing things you like to do.
- ▶ Sign up for a class. Or look for free events in the community.
- ▶ Join a club at school. Or be a manager for one of the school sports teams.
- ▶ Think about traits you like in a friend. Who has some of these qualities? These may be the people you want to get to know better.
- ▶ Introduce yourself to someone new. Look him in the eye. Learn his name.
 - ▶ Show your interest. Ask him about himself. What does he like to do? Ask him about his family. His hobbies. His favorite music. His favorite sports teams.
 - ▶ Respond openly to questions about yourself. But also be a good listener.

Building friendships

- ▶ Find out how to contact someone. Get his phone number and email address.
- ▶ Invite him to do things with you. Suggest GREEN activities you can do together.
- ▶ Show your support when times are tough. Listen. Express your concern. Offer to help.
- ▶ Try going for a walk and talk.
- ▶ Talk about your diabetes and your goals when you feel comfortable.

Additional resources

- ▶ Exploring Interests and Activities: LC 12

Suggested activity

Make a list of all your friends. Include close friends. Include people you would like to get to know better. Pick 1 or 2 of these friends. Then make a plan to build a new friendship or strengthen an old one.

My notes

1 Limit RED foods 2 Increase GREEN activity 3 Hold Family Meetings 4 Keep Track of Weight



Build a Circle of Friends



Especially for the Family Support Person

How can I help him build a circle of friends?

- ▶ Offer encouragement. Sometimes getting to know people isn't as easy for young people as it is for adults. They often don't feel as confident as we'd like them to.
- ▶ Look for opportunities to point out his positive qualities, talents, and interests.
- ▶ Make some suggestions. For example, what are some:
 - ▶ Activities he might like to try and places he could do them?
 - ▶ People he could spend time with? Talk about people with positive character traits. Especially if they have things in common with him. These may be people he already knows.
 - ▶ Topics he could talk about? Helping him to identify some things to talk about can make him feel more confident. Some examples are:
 - ▶ Experiences he's had
 - ▶ Events in the news
 - ▶ Music, films, or sports
 - ▶ School projects
 - ▶ Family events
- ▶ Practice some conversations with him. Encourage him to start by asking questions or bringing up a topic.
- ▶ Help him schedule activities.
- ▶ Provide transportation or other support when necessary.
- ▶ Show an interest when he spends time with new friends.
 - ▶ Ask about what he did and what he said.
 - ▶ Ask about what he learned about himself and the people he was with.
 - ▶ Look for a good opportunity to discuss it. And give him some space to answer.
- ▶ Help him problem-solve when barriers arise.

Additional resources

- ▶ Be a Healthy Role Model for Your Child: LC 12
- ▶ Supporting Your Child in New Activities: Magnetic Memo 5

Suggested activity

Talk to him about making friends and getting to know them better. Encourage and make suggestions.

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