

## Tips for Making New Friends at School

Having just one supportive, loyal, trustworthy friend promotes the development of psychological resilience.

### **Think about what makes a good friend**

The first step in making lasting friendships is knowing what to look out for in a friend. Good friends

- Is someone who is there for you no matter what
- Isn't constantly judging you
- Is kind and respectful
- Is a good listener and takes the time to listen to things you have to say.
- Doesn't talk about you behind your back

These qualities are hard to judge when you first meet someone. Here are some signs to look out for.

- How do they treat other people?
- Do they talk about others behind their backs?
- Do they put people down?
- If a potential new friend is making you or someone else cringe, they're probably not going to be a great mate.

### **Get involved**

Getting involved with stuff you're interested in at school (like a sports team, band, drama club, etc.) is a great way to connect with likeminded people. Greenwood College offers a range of clubs and activities for all students. If you're not sure what club is right for you, have a chat with the organisers to suss get a better idea of what they're like.

*Check with your year coordinator in Student Services for an up to date Club roster.*

### **What to talk about with a new friend**

Cats got your tongue? It's normal to feel anxious around new friends and not know what to say. Also, first impressions don't define who you are, friendships are built over time, not one interaction.

Next time you feel shy, ask a question! People love talking about themselves. You could ask

- What do you get up to on the weekend and after school?
- Are you watching a good tv show right now?
- Do you play sport?
- What subject is your favourite right now?
- What music are you into?

Then ask follow-up questions. For example, if they have a favourite show or are watching something new, ask them what it's about.

By asking questions, you may even find something you have in common. This will make it easier to continue the conversation.

**Remember, there's a life outside of school**

If you're not clicking with people at school, try finding connections elsewhere. Join a local club or sports team, or try some online forums to talk with people who understand what you're going through.

[KidsSport - City of Joondalup](#)

[Meet your neighbour Project - City of Joondalup](#)

[Sporting Clubs - City of Joondalup](#)

[Events Calendar - City of Joondalup](#)

[Perth Netball Association](#)

[Just Play - Find and Join a Social Sports Team](#)

[Kingsly Football Club](#)

[Kids/Teens Activities and Clubs Finder Perth](#)

[ReachOut Forum](#)

[Web Counselling - Kids Helpine](#)