

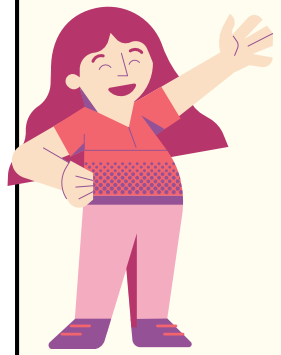
MEETING NEW PEOPLE - TOP TIPS!



Here are some top tips to help you when making new friends



GET OUT OF YOUR COMFORT ZONE!



Meeting new people can be scary, but don't assume people will come to you - get out of your comfort zone and start a conversation with someone new - the person sitting next to you in form time, next to you in the lunch queue, someone at a club.

HAVE SOME QUESTIONS READY!

When you meet a new person you know nothing about them so you have lots to ask them! Have a bank of questions in your head such as:

- What primary are you from?
- Do you have any pets?
- What hobbies are you into?
- What clubs are you going to join?

A conversation will start before you know it!



JOIN SOME CLUBS!

- Meet people with similar interests
- It is much easier to talk to a new person while you are doing an activity
- Invite a new friend to join a club with you - this could be an easy way to meet them again.

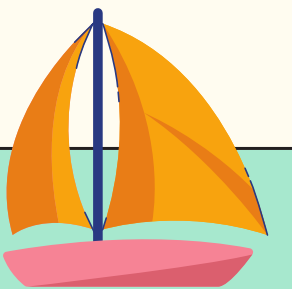


BRING A NOTEBOOK!

You may swap phone numbers or addresses with new people you meet. You know you can't use your mobile phone so bring a notebook to write it down!



REMEMBER THAT EVERYONE IS IN THE SAME BOAT



Some pupils come to St Anthony's with lots of people from their primary and some come with no one. Either way... we're all in the same boat! Everyone will meet new people everyday and may feel nervous or worried about making new friends. Don't worry alone about it - tell your family, your form tutor or Mrs McGann who can help you.