

# ***Building friendships***

***And developing social skills***

***A support for 1st year students***



# ***1st year students can struggle to make friends early on in their post-primary journey***

**Here are 5 ways that you can make more friends with ease**



# *Join Clubs and Activities*

One of the best ways to meet new people and make friends is by joining clubs, sports teams, or other school activities. Whether you're into music, drama, sports, or science, there's likely a group for you. Being part of a team or club helps you bond with others over shared interests and goals.



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- 💡 • Tip: Don't be afraid to try something new. You might discover a new passion and meet friends along the way.

# *Be Approachable and Friendly*



A smile goes a long way. Being friendly and approachable makes it easier for others to talk to you and want to be around you.

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- 💡 • Tip: Make eye contact, smile, and say hello to people. Simple gestures like these can break the ice and start a conversation.



# *Participate in School Events*

School events such as dances, sports games, and fairs are great opportunities to socialise and meet new people. Even if you feel a bit shy, attending these events can help you feel more connected to your school community.



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- 💡 • Activity: Invite a classmate to go with you to a school event. It's a great way to bond and have fun together.

# *Respect and Embrace Differences*

Schools are diverse places with students from various backgrounds. Embracing and respecting these differences can help you build stronger and more meaningful relationships.



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- 💡 • Tip: Show interest in others' cultures and experiences. Ask questions and listen to their stories. It shows that you care and are open-minded.

# ***Seek Help When Needed***

If you're having trouble making friends or feeling lonely, it's important to seek help. Teachers, counsellors, and parents can provide support and advice.



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- 💡 • Tip: Don't be afraid to talk to a trusted adult about how you're feeling. They can offer guidance and help you find ways to connect with others.