

TD's Tips!

Friendship



What can I do?

1. Make a list of trusted people in your life whom you have a good time with.
2. Add qualities that make them a good friend.
3. Discuss your list with a trusted family member. Do you want more friendships? Are you happy with your list? How can you build stronger relationships with the people on your list?
4. Talk to a transition team member about getting involved in various school or community groups to connect with people your age and expand your friend group.

Pro Tip!

Using your list, create an illustrated board or infographic discussing friendship and why it is important to you.

How about an ultimate challenge?

Share the board with your family and transition team and ask how you could get connected with more people to build more relationships while having fun!



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This tip sheet is aligned to the “Relationships” lesson plan. You can search in the “resources” page on [transitiondiscoveries.org](https://www.transitiondiscoveries.org) to download it!