

Stay open to friendship

Print and carry this when you need a quick reminder!

Remember that everyone is in the same boat as you. There will be others who feel the same as you.

Give yourself time! It may take some of us longer to settle in and make friends and that's OK.

Remember there may be others with similar interests and hobbies. Consider joining a club or team in school.

Friendships are better when they're not forced, pay attention to who makes you feel good about yourself!

