

## Making New Friends

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The more opportunities a person has to meet other people the greater the chance that a friendship may form. Many people are shy or unsure of how to approach a new person. They might lack confidence, because they don't know what to do or say. Direct Support Professionals (DSPs) can use this role-playing activity with the individuals they support to practice meeting new people to build up confidence. DSPs may continue to provide some support to individuals to help foster friendships over time.

Each part below is indicated by **red** and **green** lines.

**Introducing Yourself:** It's easier to remember someone's name if you say it out loud.

**"Hello, my name is \_\_\_\_\_ . What is your name?"**

**"It is nice to meet you, \_\_\_\_\_ ! My name is \_\_\_\_\_."**

**"Nice to meet you, \_\_\_\_\_."**

**Talking About Weather:** You can talk about the weather to find common ground with anyone you are talking to.

**"It is really a beautiful sunny day today!"**

**"It is a nice day!"**

**"Do you like warm weather?"**

OR

**"It is very cold out today."**

**"Yes, it's very chilly!"**

**Try a Compliment:** People like hearing others express praise or admiration for them.

**"I like your jacket. Where did you get it?"**

**"Thank you! I bought it at \_\_\_\_\_."**

OR

## Activity

**"I like your shoes."**

**"Thank you!"**

**Talk About Something You Enjoy:** What kinds of activities do you like? Is there something you could talk about to someone new?

**"I like baseball. Do you like baseball?"**

**"I like baseball. I root for the Giants. Who do you root for?"**

**You Can Ask People Questions About Themselves:** Asking about someone's weekend can be a good way to start a conversation.

**"What do you like to do?"**

**"I like to watch movies. Do you like to watch movies?"**

OR

**"How was your weekend? Did you do anything fun?"**

**"I walked around the park. How about you?"**

**When You Find a Similar Interest:** suggest an opportunity to get together. Maybe plan to go to lunch or coffee.

**"Hey, well, I've got to go, but if you ever want to talk over lunch or coffee or anything like that, let me give you my number/email address."**

## Additional Resources:

- Friendships in People with Intellectual Disabilities:  
[https://shriver.umassmed.edu/sites/shriver.umassmed.edu/files/QINA%20Friendship\\_final\\_web2.pdf](https://shriver.umassmed.edu/sites/shriver.umassmed.edu/files/QINA%20Friendship_final_web2.pdf)
- Friends: Connecting People with Disabilities and Community Members (from University of Minnesota Research & Training Center on Community Living):  
[https://rtc.umn.edu/docs/Friends\\_Connecting\\_people\\_with\\_disabilities\\_and\\_community\\_members.pdf](https://rtc.umn.edu/docs/Friends_Connecting_people_with_disabilities_and_community_members.pdf)