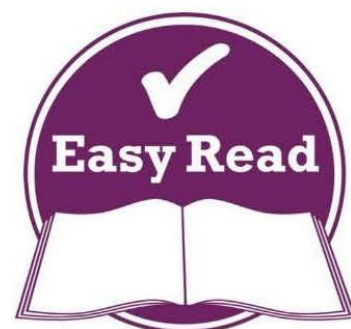


Making and keeping friends can be hard





Making friends can be fun.



But sometimes keeping friends can be hard.



It can be hard to plan and make time to catch up



It is good to set a time and place to meet up with your friends.



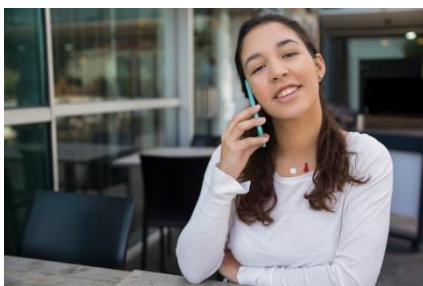
If you live far away from a friend it is harder to meet up with them.



There are other ways you can still grow and keep your friendships.



Keeping in touch is important for growing and keeping friendships



You can phone your friends to let them know you're thinking about them.



Ask your friends how they like to communicate.



Understanding social signals can be tricky.
With practice it can get easier.



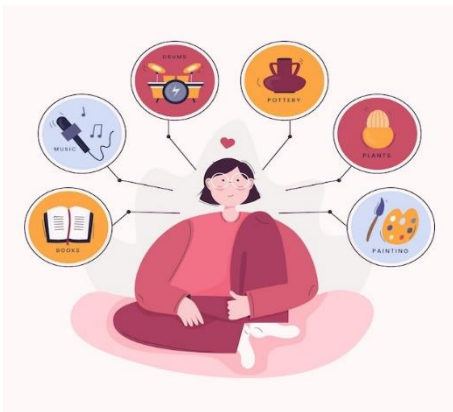
Your family or support workers can help you with friendships



Sometimes you and your friend might not agree on something.



Talking about how you feel can help.
And listening to how your friend feels is important.



Having things in common can help us
keep friends.



Friends can have different
backgrounds and like different things.