

Growing a Strong Social Network



Our friends, family, and people we trust are our social network. They make us happy and help us lead a good life.

It is important to create a strong social network.



First, think about who is in your network right now.

- Who do you like and trust the most?
- What do you like to do with your friends and supporters?
- Who do you want to get to know better?
- Is there anyone you do not want to spend as much time with?
- Do you want to have more friends or people in your life?
- What kinds of people do you want to meet ?

Your answers can help you decide how to grow your social network. Ask the people you trust to help you make a plan to do this. You can also build your network by strengthening your social skills.

Here are some steps you can take to build good social skills:



1. Know what good and bad relationships look like. Read our sheet on "Building Good Relationships." Watch our video on "Building Good Relationships."

2. Introduce yourself to people you have seen a lot but do not know. These people may become friends one day.



3. Ask people you trust to introduce you to new people. This can help you if you are shy or nervous.

4. Plan how and where you can meet new people. Ask friends and family for help if you need it.



5. Ask for advice if you need help making or keeping new friends. People can share stories of how they made new friends. These stories may help you find ways to meet new people.

6. Keep trying new activities. You may meet new friends while trying out new activities.

Contact us if you need more help.

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