

Meeting new people – top tips!

Here are some top tips to help you when making new friends.

Join some clubs!

- ✓ Meet people with similar interests
- ✓ It's much easier to talk to someone new while you're doing an activity
- ✓ Invite a new friend to join a club with you – an easy way to meet them again.

Get out of your comfort zone!

Meeting new people can be scary, but don't assume people will come to you - get out of your comfort zone and start a conversation with someone new - the person sitting next to you in form time, next to you in the lunch queue, someone at a club.

Have some questions ready!

- What primary are you from?
- Do you have any pets?
- What hobbies are you into?
- What clubs are you going to join?

A conversation will start before you know it!

Some pupils come to St Bede's with lots of people from their primary school and some come with no one. Either way, we're all in the same boat! Everyone will meet new people every day and may feel nervous about making new friends. Don't worry alone about this – tell your family, your form tutor and they will help you.