

# Importance of Friendships

Transition Skills, Tips & Tools  
Making Friends



- **Having friends is a way to help you learn to respect yourself and others.**
- **Having friends gives you someone to share your ideas, feelings and experiences with.**
- **It is important to know that friendships don't always mean that everyone is getting along.** Sometimes friends are happy and agree on almost everything. Other times, they disagree and might be upset with each other.
- **Your thoughts and feelings about yourself and others will change as you get to know one another.** You will learn more about yourself by exploring what you like and don't like in others.
- **It is nice to have friends from many different backgrounds and groups.** This helps you learn about different people and develop relationships with people of different abilities.
- **It may be tough at times to develop your identity.** Being noticed and respected by others are important to us. It's also very important to be true to yourself and your own values.
- **Joining clubs, groups and teams at school** is a good way to make friends who share your interests and likes.
- **Participating in inclusive community and school programs can help you learn a variety of skills.**
- **Keeping friends is often not easy.** Remember that friends need space and time by themselves.
- **The best ways to make new friends and keep your old ones are to be a good listener, get along well with others and be a friendly person.**
- **Special recreation programs and health condition-specific summer camps** are places where youth with special needs can meet and make new friends.
- Before going on a date, you should talk about tips for safe dating with parents, friends, counselors and other experts.

**More helpful resources on friendships include:**

- **Tips on building friendships:** [tascc.ca/supporting-youth-with-disabilities/building-friendships/](https://tascc.ca/supporting-youth-with-disabilities/building-friendships/)
- **Friendships after high school:** [www.navigatelifetexas.org/en/transition-to-adulthood/friendships-after-high-school](http://www.navigatelifetexas.org/en/transition-to-adulthood/friendships-after-high-school)
- **The American Association on Intellectual and Developmental Disabilities** has many resources, including webinars, a video library collection and FAQs on intellectual disability at [www.aidd.org/intellectual-disability/faqs-on-intellectual-disability](http://www.aidd.org/intellectual-disability/faqs-on-intellectual-disability).

**We're here to help.**

To learn more about the Division of Specialized Care for Children's programs and services, check out our website at: [dsc.uic.edu](https://dsc.uic.edu)

