



Council for
Intellectual Disability



Friends

Info guide 2020



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This is an info guide about friends.

It will help you

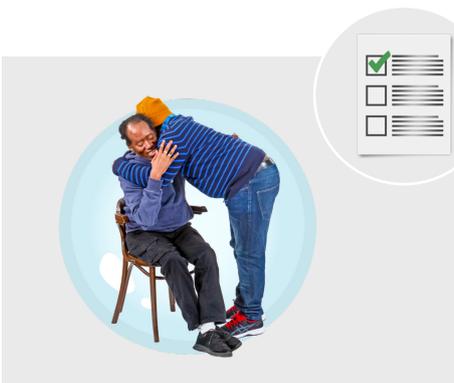
- Understand why friends are important
- Know who is a good friend
- Find out how to meet new friends
- Be a good friend



Who is a friend

Friends are people we like and who like us.

Friends enjoy spending time together.



Who you say is your friend is not the same for everyone.

But there are some things that should be true for all good friends

- You trust and support each other
- Your friend likes you for who you are
- You are kind and caring to each other



You might be friends with

- Family members
- People from work or school
- People you live with
- People you do activities with



A friend is different from someone you date or have a romantic relationship with.

But someone you date can also be your friend.



Why good friends are important

Every person needs good friends.

Spending time with good friends makes us happy.



Having good friends also helps us when we feel lonely.



Other good things that come from having friends

- Support from your friends helps you get to your goals
- You can learn new things from your friends
- You can share interests and hobbies with your friends
- Your friends can help you through hard times



What makes a good friend

A good friend is someone who

- Accepts you as you are
- Is kind and does not lie to you
- Is someone you can trust
- Listens to you and supports you



What if a friend makes you feel bad

Your friend may

- Make you do things you do not want to do
- Bully you or say mean things to you
- Say mean things about you to other people



If that happens you should ask yourself

- Do I feel good or bad after seeing them?
- Can I be myself around this person?
- Does the person support me?
- Does the person treat me with respect?



What you can do about a bad friend

- Tell the person how you feel
- Talk about what needs to change

If things do not change you can end the friendship.



Meeting new friends

Go to where other people are.

Think about places you can go to meet people.

These should be places where people talk to each other.



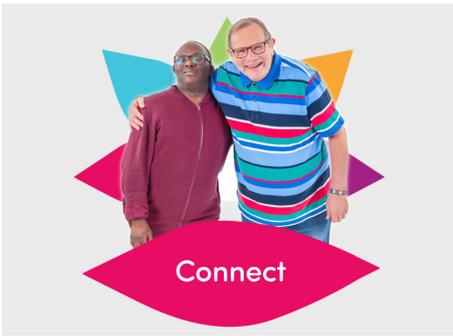
Examples of places to meet new friends

- Peer groups and community groups
- School, university or work
- Social clubs
- Sports groups



Go to the same places often.

Most people take some time to get to know each other.



If you go to the same places people will get to know you and might become your friends.



Remember

Not everyone you meet will want to be your friend. That is ok.

You cannot be friends with everyone.



How to be a good friend

- Be kind and do what you say you will
- Give your friend time to be alone
- Be forgiving. Everyone can make mistakes
- Listen to your friend and try to understand

Be the friend you would like to have.



Contact CID



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