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wait until they show you they can trust you—like telling them something small at first to see how they react, or waiting until they start sharing their secrets with you. Advertisement Plan activities outside of school to build friendships. It can be hard to really get to know someone while you're at school. When you feel like you're really starting to click with someone, see if they want to come over to your house or go somewhere with you after school. Don't make a huge deal of it—just casually say something like, "Wanna come over after school? I just got the new Call of Duty." [21] If you're nervous about spending time with a new friend, invite them to do an activity with you, like going to the movies, playing video games, or watch a sports game. That will take some of the pressure off of you to carry a conversation the whole time. If they say yes, smile, say something positive, and move on. If they say no, react calmly—maybe just shrug and say, "Okay, maybe next time." Don't get mad or act too disappointed. Don't put down others to make yourself look good. It might seem like everybody gossips in high school, but talking bad about others can make you look insecure and negative. Instead, try to be the person who builds others up. That will make you seem like a more positive person, and you'll be more likely to make friends.[22] If one of your new friends hears you putting down someone else, it might make them worry that you'll talk bad about them when they're not around, too. Advertisement Think about who will really be a good fit for you. When you're looking for new friends, it can be tempting to want to accept anyone and everyone who seems receptive to you. However, spend time thinking about who you'll really enjoy spending time with. Good friends make you feel like they're happy you're around, they build people up, and they listen when you talk. If someone gives you a bad feeling, keep your distance.[23] After you spend time with someone, ask yourself questions like, "Did I enjoy myself today?" and "Did I feel included?" If the answers are no, it's okay to still be friendly, but focus your energy on making different friends. Give friendships time to grow. The best friendships are built up naturally over time.[24] Don't try to rush it or force it—just keep being friendly and keep talking to people. If you keep putting yourself out there, eventually you're going to meet people who like you for who you are. If you get to know someone and it turns out they don't want to be your friend, remember it's not a reflection on who you are as a person. It just means they weren't the right fit for you as a friend.[25] Don't beat yourself up. If you're having a hard time making friends or if it's taking longer than you'd like, don't get down on yourself. People are attracted to others who are confident and at ease with themselves (or at least appear to be), so stay upbeat and remind yourself of all the great qualities you have to offer. Advertisement Ask a Question Advertisement Thanks The advice in this section is based on the lived experiences of wikiHow readers like you. If you have a helpful tip you'd like to share on wikiHow, please submit it in the field below. When inviting someone to hang out, alternate suggesting activities so it doesn't seem pushy. And if they want to do something questionable, gently voice your discomfort instead of blindly going along with it. True friends respect boundaries. If you're shy, remember that many others feel nervous about making new friends too. Practice self-care techniques like deep breathing or positive self-talk to calm nerves. And focus on listening more than oversharing yourself. If someone seems clearly disinterested in conversing, politely wrap up the exchange instead of overstaying your welcome. They may just be having an off day. Give them space and try again another time if it still feels right. Join a club or team for an activity you feel passionate about, like art, gaming, sports etc. You'll automatically share interests with others there, making natural conversation starters to build real connections over time. Instead of rushing to make lots of superficial relationships, seek a few meaningful friendships that stand the test of time. One genuine person who uplifts you is worth more than numerous fair-weather acquaintances. Before pursuing a friendship, reflect on whether that person shares your values and priorities. While opposites can attract, having some core compatibility makes maintaining genuine bonds so much easier. Advertisement This article was co-authored by Ashley Pritchard, MA and by wikiHow staff writer, Amy Bobinger, BA. Ashley Pritchard is an Academic and School Counselor at Delaware Valley Regional High School in Frenchtown, New Jersey. Ashley has over 3 years of high school, college, and career counseling experience. She has an MA in School Counseling with a specialization in Mental Health from Caldwell University and is certified as an Independent Education Consultant through the University of California, Irvine. This article has been viewed 406,620 times. Co-authors: 50 Updated: May 9, 2025 Views: 406,620 Categories: Featured Articles | Making Friends | Surviving High School Article SummaryXMaking new friends in high school can be nerve-racking, but by putting yourself out there more and practicing your social skills, it'll get way easier! Try joining a club, academic team, or athletic team as a fun way to meet like-minded people. Your school will probably have many options, from a literary magazine or gaming club to Model UN or cross-country. Electives like journalism or theater are also good places to get to know new people in a more relaxed setting! Then, try going to social events like dances, parties, and rallies. People are more likely to approach you there, especially if you smile and have an open, friendly expression. If you want to have a conversation with someone in class or at lunch, wait until they're not distracted to say hi and maybe ask something like, "What's the homework?" or "Who do you have for biology?" Remember to relax, keep asking the person about themselves, and give them your full attention! Once you've established a connection, get to know them better by going to something like a sporting event or movie together. For more tips on how to make and keep friends in high school, scroll down. Print Send fan mail to authors Thanks to all authors for creating a page that has been read 406,620 times. "I just started high school, and I have always been afraid of making new friends because at my old school not many people liked me. This really helped me out when it came to making friends, and now I have an amazing group of friends! Thanks! "..." more Share your story