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Making friends as a teenager isn't that different from making friends at any other point in your life, but it does present some unique challenges. As we enter puberty, we tend to bond with over shared interests may develop new
hobbies that are different from yours. They may show a desire to become popular and try to change themselves to fit in with others. Dynamics may also change as people start to figure out their sexuality and possibly become interested in romance and dating. While you no longer feel like a child, as a teenager, you aren't yet an adult. The adults
around you may not take you seriously, and you still have limitations. You may feel like you don't have enough freedom. You can't yet live by yourself. This article will give some general guidelines for making friends as a teenager, give some tips for making friends at
school, and some tips on how to try to make friends outside of school. If you are a parent or relative of a teenager who needs some help on this, you might like this article on helping your teen to make friends outside of school. If you are a parent or relative of a teenager who needs some help on this, you might like this article on helping your teen to make friends. Traditional therapy - done online Find a therapist from BetterHelp's network of therapists for your everyday therapy needs. Take a quiz, get
matched, and start getting support via phone or video sessions. Their plans start at $64 per week. Use the button below to get 20% off your first month at BetterHelp using the orange button. Email the order confirmation to SocialSelf to get
your unique coupon code. Start BetterHelp's quiz Sections How to make friends as a teenager; a lot of the general rules for making friends as a teenager, a lot of the general rules for making friends as a teenager.
enjoy each other's company enough to want to continue meeting. You do that by improving your social skills such as listening, learning to read body language, and holding a conversation. Here are 5 tips on how you can make friends as a teenager: 1. Stay open-minded You probably already have ideas on who you would like to befriend. You may feel
impatient or frustrated if you feel that the people who start talking to you aren't those you'd like to be friends with. Practice keeping an open mind when talking to people and can end up good friends with people we thought we wouldn't like to socialize with. Even if a friendship doesn't come out of it, every
conversation can be good practice. The more conversations you'll have with people you don't know, the better you'll get and the more simple it will seem. A recommendation If you want to improve your results. Start the quiz 2
Don't overshare When you're a teenager, there's usually a lot going on emotionally. Your feelings feel more interested in sex, romance, and dating. You may start to become more aware of problems at home. And throughout it all, adults around you are starting to expect you to make big decisions regarding your future.
It's normal to want to share these things with your friends. The problem is that when making new friends, sharing too much early on can overwhelm them and push them away. Also, many teenagers don't feel equipped to deal with emotional topics. When making new friends, make sure to keep topics reasonably light at the beginning. Give yourself
time to get to know each other. In the meantime, make sure you have other outlets for your emotional needs. Start writing in a journal. If your school has a counselor, see if you can make an appointment there. The website 7 Cups of Tea has volunteers who are trained to understand adolescent issues and can listen for free when you're struggling. 3.
Like yourself first Many teenagers struggle with low self-esteem. Adolescence is a time when we feel lonely because there's a tendency to internalize the feeling and think there's something wrong with us. Making friends is easier when we already like ourselves. When we
like ourselves, rejection isn't as painful. We also know that we have just as much to give in a friendship as gain. As a result, we become better at communicating our needs, setting boundaries, and walking away from a friendship when it isn't working out. To improve your self-esteem, make a habit of doing something fun every day. Try new things and
give yourself positive feedback when you make an effort. Work on identifying and stopping negative self-talk. Work on maintaining hobbies and interests. Focusing on yourself will help you build better relationships. 4. Don't befriend someone because they seem popular Looking at the popular groups from the outside, it seems like their life is pretty
good, and if you joined them, yours would be too. But things aren't always what they seem. Just because someone is popular doesn't mean you'll enjoy hanging around them. There are things that are more important than popularity in creating a good friendship: similar values, shared hobbies or interests, and a shared sense of humor, for example
Focus on getting to know people that you truly like. 5. Adopt friendly body language People are more likely to approach you and feel comfortable around you if your body language feels friendly body language People are more likely to approach you and feel comfortable around you if your body language feels friendly body language feels friendly and safe. Take this quiz and feel comfortable around you if your body language feels friendly body language feels friendly and safe.
YOU can be better at connecting and turning people into close friends. Start the quiz. Pay attention to your body language. Are you staring at the ground or looking at people and saying hi? Do you often find yourself crossing your arms and pulling away when you're around people? If so, make some conscious attempts to relax your body, stand up
straighter, and smile. For a more in-depth look at body language, check out our article centered on how to look more approachable and friendly. Making friends at school probably has some people you have overlooked. The benefit of making
school friends is that it's easy to see them, and there are already things you know you have in common. For a more in-depth guide, see our article on how to make friends in high school or take the bus, notice if there's anyone who has the same route. Going together can be a
good way to get to know each other. Since you'll be seeing each other every day, you can naturally deepen your conversation. Knowing that the route is limited in time can also remove the pressure in making conversation. Knowing that the route is limited in time can also remove the pressure in making conversation.
reflect upon the conversation before the next one. 2. Notice people in your classes Have you ever really looked at each person in your class? Despite seeing the same people every day, they can sometimes seem to blend together, and we don't give them much thought. It can be easy to overlook students who are quiet or assume that we know people
despite never having a proper conversation with them. What type of social overthinker are you? Take this quiz and get a custom report based on your unique personality and goals. Start improving your confidence, your fellow classmates and
noticing details about them without judgment. Do they seem focused on what the teacher is saying? What do you think they are trying to say with their personal style? Observing people can help you figure out who you want to befriend and what you can talk to them about. Just make sure you're not staring! 3. Follow a classmate on social media
Adding a classmate you like on social media and posting encouraging comments on their posts can be a good way to break the ice. Using sites and apps to get to know people can relieve some of the pressure. You have more time to respond than you would in a face-to-face conversation. Making friends outside school While you spend a significant
amount of time at school, sometimes it's easier to make friends outside of the school you go to. You may feel that people in your school see you in a certain way. Getting to know friends outside of school can help you feel more comfortable being yourself and build up your confidence. Here are some ways you can meet friends outside of your high
school. 1. Volunteer or get a job Engaging in goal-orientated tasks through work and volunteering are great ways to get to know someone and become friends. You'll also get to meet people who you won't meet through school, younger, but they can still be great friends. In high school, younger, but they can still be great friends. In high school, younger, but they can still be great friends. In high school, younger, but they can still be great friends. In high school, younger, but they can still be great friends. In high school, younger, but they can still be great friends. In high school, younger, but they can still be great friends. In high school, younger, but they can still be great friends. In high school, younger, but they can still be great friends. In high school, younger, but they can still be great friends. In high school, younger, but they can still be great friends. In high school, younger, but they can still be great friends. In high school, younger, but they can still be great friends. In high school, younger, but they can still be great friends. In high school, younger, but they can still be great friends. In high school, younger, but they can still be great friends. In high school, younger, but they can still be great friends. In high school, younger, but they can still be great friends. In high school, younger, but they can still be great friends. In high school, younger, but they can still be great friends. In high school, younger, but they can still be great friends. In high school, younger, but they can still be great friends. In high school, younger, but they can still be great friends. In high school, younger, but they can still be great friends. In high school, younger, but they can still be great friends. In high school, younger, but they can still be great friends. In high school, younger, but they can still be great friends. In high school, younger, but they can still be great friends. In high school, younger, but they can still be great friends. In high school, younger, but they can stil
options for jobs and volunteering may be more limited. Some jobs that are typically open to teenagers are the fast food industry, grocery stores, and cafes. There may be an opportunity to be hired as a lifeguard at a local pool. These types of jobs will usually have you interacting with customers, so you get to practice your social skills. Volunteering
options can include animal shelters, the Red Cross, and Habitat for Humanity. You can also try to organize your own volunteering events. For example, you can reach out to your local hospitals and ask what kind of assistance they may need. Teens who are hospitalized for mental health issues often engage in art and occupational therapy, where they
may make things like cards or keychains. You may offer hospital staff to help sell these crafts at your school so they can use the money raised for a special treat. 2. Look for local activities geared at teens Your city or town may have clubs or activities for teens that are organized by the municipality or local organizations. Some youth programs are
geared toward helping teens build skills like leadership. Other activities you may be interested in trying are martial arts or art classes. Attend these activities consistently, so you can start to recognize and get to know other regulars. 3. Hang out where other teens go To make new friends, you need to put yourself out there. Go to a skate park,
basketball courts, or other places where teenagers in your area may spend their time. Say hi to people and try to get involved if there are activities you may be interested in. 4. Find friends online groups and forums can help you feel more comfortable
opening up. For example, the teenager subreddit has a moderated Discord chat room where teenagers can chat about everything from school to movies over text or voice. To stay safe online, remember to be careful when you talk to people you don't know online. Don't send pictures or give out personal information such as your address. Refrain from
talking about sex and be wary if someone is giving you a lot of compliments very quickly (such as "I've never talked to someone as special as you" or saying that they're falling in love with you). 5. Meet friends know that you're looking to meet new friends. They may invite you to join when they are meeting up with a friend
group. A recommendation If you want to improve your social skills, self-confidence, and ability to connect with someone, you can take our 1-minute quiz. If you're spending most of your time with one person who is your best friend, you can try to meet new people
together by trying out new clubs, events, or activities. Keep an open mind, though. You might get along with someone your best friend doesn't like or vice versa. Don't let that stop you from investing in these friendships. Consider online therapy allows you to speak to a licensed therapist in the comfort of your home. BetterHelp offers
support via phone or video at $64 per week. Use the link below to get 20% off your first month at BetterHelp using the link below. Email the order confirmation to SocialSelf to get your unique coupon code. Click here to learn more Common
questions Why is it so hard to make friends as a teenager? It's hard to make friends as a teenager because adolescence is a time when people go through many changes and often feel insecure. Teenagers are often trying to figure out who they are, and that raises questions regarding the types of friendships they want. Is it normal for a teenager to not
have friends? Many adults reflect on their teenage years and express they didn't have friends or felt painfully shy. It's normal to feel like an outsider during the adolescent years. Why do I have no friends? Shyness, social anxiety, depression, autism, and low self-esteem are common reasons for having no friends. You may need to strengthen social
skills such as self-awareness, keeping up with age? While some people find that their shyness go away with age? While some people find that their shyness decreases with age, for others, shyness remains relatively stable or even increases.[1] Shyness is not a negative trait in itself but may lead to social anxiety and distress,
particularly in those who are highly sociable but also very shy.[2] Is shyness attractive? In some cases, yes. Some people are attracted to shyness because they may associate it with positive traits such as sensitivity, humility, and depth. You might also be interested in this article on making friends when you're shy. Show references + Poole, K. L.
Saigal, S., Van Lieshout, R. J., & Schmidt, L. A. (2019). Development and Psychopathology, 32(2), 455-464. Poole, K. L., Van Lieshout, R. J., & Schmidt, L. A. (2017). Exploring relations between shyness and social anxiety disorder: The role of sociability
Personality and Individual Differences, 110, 55-59. Join our free training and learn these 5 secrets to making friends Learn to get past shallow small talk. Know where to find people who "don't try" often are so socially successful. See how
you can go from boring to bonding in less than 7 minutes. Start my free training Middle school can feel like a whole new world, right? You're meeting new people, dealing with all kinds of changes, and it can feel a little overwhelming, especially when it comes to making new friends. But here's what: it doesn't have to be complicated. If you're
wondering how to make friends in middle school, you're not the only one feeling like this. It might seem tricky, but it's way easier than you think. Let's break it down, step by step, in a way that feels natural and doesn't make you stress about it! 10 Easy Ways to Make New Friends in Middle School Middle school is a time for new beginnings, and
making friends can be a fun part of that. If you're wondering how to make friends in middle school, here are 10 easy ways to make new friends and feel more comfortable in your new environment! 1. Practice positive body language. Body language can make a huge difference in how approachable you appear. If you're wondering how to make new friends and feel more comfortable in your new environment! 1. Practice positive body language.
down or your arms crossed, people might think you're closed off or uninterested in talking. On the other hand, positive body language can have a big impact on how others perceive you and increase your chances of making new friends. Key body language changes: Keep your
head up. Walking with your head down can make you seem shy or closed off. By keeping your head up, you signal that you're confident and open to interaction. Make eye contact. Looking people in the eye during conversations shows that you're engaged and interested in what they're saying. It also makes you seem more trustworthy and
approachable. Avoid crossing your arms. Crossing your arms can make you appear defensive or standoffish. Instead, keep your arms relaxed by your sides or gently folded in front of you, which makes you look more open. Smile often. A simple smile can instantly make you appear friendlier and more approachable. It shows others that you're open and
willing to connect. Stand tall with an open posture. Avoid slumping or shrinking in your space. Stand tall, with your shoulders back, which not only helps you appear more confident, but also invites others to approach you. Lean slightly forward when listening. This shows that you're engaged and interested in the conversation, without being
overbearing. It's a subtle sign that you care about the interaction. Face the person you're speaking with. This shows that you're paying attention and value the conversation. Relax your facial expressions. Avoid looking stressed or anxious. A relaxed face can make you appear more
approachable and comfortable, which helps others feel the same. Action step: Next time you're in a social setting, focus on your body language. Keep your posture open by standing tall, and try to make eye contact with people around you. If you catch someone's eye, give them a friendly nod or smile. These small but powerful gestures will help you
seem more approachable and confident, making it easier to start conversations and connect with others. 2. Join a group or club. It's not about being the most outgoing person in the room. If you really want to know how to make friends in middle school, one of the easiest ways is to find something you already like doing and join a club. Whether it's a
debate team, a music club, or even something like drama, being part of a group gives you an easy way to meet people without feeling forced. And hey, you're going to meet others who like the same stuff, so that makes starting conversations way easier. You'll find your people this way! Action step: Look at the clubs and activities your school offers.
Maybe try something new or something in common with you, which is a great way to start building friendships. 3. Just be yourself! Sometimes, it's tempting to try to act different to fit in. But honestly? The best
sustainable than trying to keep up with a fake version of yourself. Action step: Next time you're talking to someone new, try not to overthink what you're talking to someone new, try not to overthink what you're talking to someone new, try not to overthink what you're talking to someone new, try not to overthink what you're talking to someone new, try not to overthink what you're talking to someone new, try not to overthink what you're talking to someone new, try not to overthink what you're talking to someone new, try not to overthink what you're talking to someone new, try not to overthink what you're talking to someone new, try not to overthink what you're talking to someone new, try not to overthink what you're talking to someone new, try not to overthink what you're talking to someone new, try not to overthink what you're talking to someone new, try not to overthink what you're talking to someone new, try not to overthink what you're talking to someone new, try not to overthink what you're talking to someone new, try not to overthink what you're talking to someone new, try not to overthink what you're talking to someone new, try not to overthink what you're talking to someone new, try not to overthink what you're talking to someone new, try not to overthink what you're talking to some new, try not to overthink what you're talking to some new, try not to overthink what you're talking to some new, try not to overthink what you're talking to some new, try not to overthink what you're talking to some new, try not to overthink what you're talking to some new, try not to overthink what you're talking to some new, try not to overthink what you're talking to some new, try not to overthink what you're talking to some new, try not to overthink what you're talking to some new, try not to overthink what you're talking to some new, try not to overthink what you're talking to some new, try not to overthink what you're talking to some new, try not to overthink what you're talking to overthink what you're talking to over 
that real, unfiltered vibe. 4. Don't be afraid to say hi. It might feel awkward, but starting a conversation is often the hardest part of making friends. You don't need a fancy line or anything. Just say "Hi" or ask something simple like, "Did you do the homework for Ms. Smith's class?" or "What class do you have next?" That's it. That's the first step. If
you're thinking how to make friends in school when you are shy, just know that it gets easier each time. The more you try, the more natural it feels. Action step: Pick a time to approach someone you want to talk to, like in the morning before class or during lunch. Just say, "Hey" and ask how their day's going. You can even ask about their favorite
subject in school or what they're doing this weekend. Starting small is all it takes! 5. Find things you both like. It's way easier to become friends with someone when you talk to someone, ask them about their hobbies, favorite shows, or even what they like to do after school. If you're wondering how you can attract to become friends with someone when you have things in common. So, when you talk to someone, ask them about their hobbies, favorite shows, or even what they like to do after school. If you're wondering how you can attract to become friends with someone when you have things in common. So, when you can attract to become friends with someone when you have things in common. So, when you can attract to be after school in the someone when you have the someone when you have the someone when you can attract the someone when you have the you have the someone when you have the someone when you have the you have t
more friends at school, sharing something you both enjoy is a great way to keep the conversation going. It's a simple way to click with someone and bond over something that matters to both of you. Action step: Try to notice what people around you are into, whether they talk about their favorite TV shows, movies, sports, or video games. The next time
talking to someone, just pay attention. Ask follow-up questions and show interest in their answers. It's not just about making friends in middle school, it's about showing that you care and are genuinely interested in what the other person has to say. Action step: When someone talks to you about something they like, make sure to ask follow-up
questions. For example, if they mention they play football, you could ask, "What position do you play?" or "How long have you been playing?" Showing interest like this will make them feel heard and appreciated. 7. Take your time. Making new friends doesn't happen in one day, and that's okay. If you're wondering how to make friends in middle
school, just know that it's totally fine to take your time. Not every conversation will turn into a friendship, and that's totally normal. It's all about finding the right people. So don't stress if it doesn't happen overnight. Just keep being friendly, kind, and patient, and the right friends will come along eventually. Action step: If you don't click with someoneous
right away, don't get discouraged. Try talking to them a few more times, and see if things get easier. If you feel like you're not clicking, it's totally fine to try meeting new people. Don't rush the process; let friendships develop naturally. 8. Help out when you can. Being helpful is a simple but effective way to make friends. If someone is having trouble
with homework, offer to help. If someone drops their books, pick them up. Small, kind gestures can make a big difference. You don't need to do anything huge, but just showing that you're willing to help can make you start. Action step:
Next time you see someone struggling with something, like trying to find a pencil or carrying too many books, step in and offer your help. A small gesture can spark a friendship, and it shows that you care. Plus, people tend to remember kind acts like this. 9. Make the first move. If you see someone sitting alone or looking like they could use a friend
don't be afraid to make the first move. It can be as simple as saying "Hey, do you want to hang out?" or "Want to eat lunch together?" It's okay to put yourself out there a little. People will appreciate the gesture, and who knows, that could be the start of a solid friendship. You just never know unless you try. Action step: Look around at lunch or
between classes for someone who might be sitting alone or looking a little shy. Approach them and say, "Hey, want to hang out together?" or even ask if they want to join you in a group activity. You'll be surprised how much people appreciate being included. 10. Use the "chameleon effect" (mirroring). Here's a cool little trick that can make it easien
to connect with people: mirroring, or the "chameleon effect." Basically, it's when you subtly copy the way to show that you're not or copying them exactly, though! It's just a way to show that you're in sync with them. This can help the other person feel more comfortable and like one comfortable
you're on the same page, which makes it way easier to connect. The science behind this is pretty interesting. When we mirror someone's actions or words, it actually triggers a part of the brain that creates a feeling of similarity, making people feel more connected. It's a natural, subconscious way of building rapport. Action step: Next time you're
talking to someone, pay attention to how they're sitting or speaking. If they lean forward, try doing the same. If they speak a bit slowly or have a relaxed tone, you get them, and it helps build a connection without even trying too hard. Common Social
Struggles: Navigating Social Anxiety and Rejection Middle school can bring a lot of social pressure. You're in a new environment, meeting tons of new people, and sometimes it feels like there's an invisible rulebook about how to act and fit in. It's completely normal to feel anxious or uncertain when trying to make friends. In fact, many middle
schoolers struggle with things like social anxiety or the fear of rejection, which can make connecting with others seem more intimidating. If you're feeling this way, you'
terrifying. Social anxiety is something many middle schoolers experience. It's that overwhelming feeling when you're about to talk to someone new, and your mind starts racing with worries like, "What if I say something stupid?" These thoughts can make it feel impossible to make friends because they make you doubt
your own social abilities. How to overcome social anxiety: Take small steps. Start with smaller, lower-pressure interactions. Say "Hello" to a classmate in the hallway or join a group activity where you don't have to make a lot of small talk. The more practice you get, the easier it becomes. Focus on the other person. Sometimes, anxiety comes from
worrying about how you'll be perceived. Shift the focus to the other person. Ask them questions about themselves, like their hobbies or interests. People love talking about themselves, and it can help take the pressure off you. Practice self-compassion. Remember, it's okay to feel anxious. Everyone experiences social anxiety at some point, and it
doesn't mean you're bad at making friends. Be kind to yourself, and take it one step at a time. Next time you're feeling anxious about talking to someone, try breathing deeply and remind yourself, and let the conversation unfold naturally. 2.
Dealing with rejection: it's not the end of the world. Rejection is tough for everyone, especially when you're trying to make new friends. Maybe you've been left out of a group. It's normal to feel hurt or embarrassed, but remember, rejection is a part of life, and it didn't go as well as you hoped. Or perhaps you've tried to strike up a conversation, and it didn't go as well as you hoped. Or perhaps you've been left out of a group. It's normal to feel hurt or embarrassed, but remember, rejection is a part of life, and it didn't go as well as you hoped. Or perhaps you've tried to strike up a conversation, and it didn't go as well as you hoped. Or perhaps you've tried to strike up a conversation is a part of life, and it didn't go as well as you hoped. Or perhaps you've tried to strike up a conversation is a part of life, and it didn't go as well as you hoped. Or perhaps you've tried to strike up a conversation is a part of life, and it didn't go as well as you hoped. Or perhaps you've tried to strike up a conversation is a part of life, and it didn't go as well as you hoped. Or perhaps you've tried to strike up a conversation is a part of life, and it didn't go as well as you hoped. Or perhaps you've tried to strike up a conversation is a part of life, and it didn't go as well as you hoped. Or perhaps you've tried to strike up a conversation is a part of life, and it didn't go as well as you hoped. Or perhaps you've tried to strike up a conversation is a part of life, and it didn't go as well as you hoped. Or perhaps you've tried to strike up a conversation is a part of life, and it didn't go as well as you hoped. Or perhaps you've tried to strike up a conversation is a part of life, and it didn't go as you hoped. Or perhaps you've tried to strike up a conversation is a part of life, and life is a part of life, and life is a part of l
doesn't define you. How to handle rejection: Don't take it personally. It's easy to think, "They don't like me," when someone doesn't respond positively, but that's not always the case. Sometimes people are just shy, distracted, or struggling with the same fear of getting rejected! Rejection doesn't mean there's something wrong with you. Keep trying
The more you put yourself out there, the easier it becomes. Even though rejection can sting, it's an opportunity to learn and grow. Not every conversation or interaction will lead to a lasting friendship, and that's okay. Exposure therapy. One powerful way to get better at handling rejection is to expose yourself to situations where rejection might
happen. It sounds counterintuitive, but the more you face the fear of rejection, the less power it has over you. Start small: say "Hi" to someone in the hallway, ask someone to sit with you at lunch, or start a conversation with a classmate. I know this isn't everyone's cup of tea, but with each attempt, you'll feel more confident and less afraid. Talk about
it. If you're feeling down after a rejection, talk to a trusted friend, teacher, or family member about how you feel, think about how you can try again in a different
situation. Maybe start by chatting with someone you haven't spoken to much before or reach out to someone who seems like they might need a friend. Frequently Asked Questions 1. How can you make friends in school when you are shy? If you're shy, it can feel challenging to make friends, but it's definitely possible! Start by taking small steps, like
smiling at classmates or saying "Hi" in the hallway. You don't have to jump into deep conversations right away. Gradually engage with others in a low-pressure setting, like joining a group activity or asking someone about their favorite class. Over time, the more you practice, the easier it will get. 2. How can I attract more friends at school? Attracting
more friends starts with being approachable and showing interest in others. Smile often, make eye contact, and ask questions about what others like to do. Also, try joining a group or club where you can meet people who share your interests. The more you put yourself out there, the easier it becomes to build friendships with those who have similar
hobbies or values. 3. How can I keep my friendships strong in middle school? Friendships take effort to maintain, but it's worth it! Stay in touch with your friends by hanging out outside of school, keeping up with inside jokes, and being there for each other during tough times. You can also send them memes you find funny on Instagram or share
things you both enjoy. When you make an effort, your friends in middle school doesn't have to be complicated. By focusing on small steps and being yourself, you can start building
lasting friendships. Here are some key points to remember: Start small and take your time. No need to rush the process. Start with saying "Hello" or sitting next to someone in class. The more you practice, the easier it gets. Use positive body language to your advantage. Keep your head up, smile, and make eye contact. You'd be surprised how much a
little positive body language can make you seem approachable. Just be yourself. It's so tempting to try to act like someone you're not, but being authentic will attract the right people. They'll like you for you. Don't be afraid to make the first move. Starting a conversation or inviting someone to hang out can feel scary, but someone has to do it! You'll
feel better once you do. Your middle school friends can turn into lifelong buddies who stick with you through high school—and who knows, maybe even into college! If you're dreaming of getting into that perfect school with all your besties, working with a college admissions consultant can help you stay on track and make it happen. Lay out nice,
modest clothes you feel comfortable wearing. You don't have to have the fanciest or the most expensive clothing, but how you look can really make a difference on your first day of school. Pick out an outfit that makes you feel confident (and follows your school's dress code). Lay out everything you plan to wear the night before so you don't have to
stress about getting ready in the morning or worry about potentially being late on your first day. If you are a female, maybe lay out your favorite necklace or other jewelry with your outfit. Make sure your clothes match, and try to style all of your clothes match, and try to style all of your shoes and other accessories.[1] It may be much easier for you to meet
new people if you aren't stressed out on your first day. If your school requires a uniform, no worries. Just have it laid out and ready to go the night before. You might strike up a conversation with your locker neighbors. After all, you'll likely be spending the next year next to each other. You can
also take some time to set up and decorate your locker so it reflects your personality, which may help people with similar interests notice you. If you can, take a moment to stop by your locker before each of your classes so you can grab what you need, leave what you don't, and potentially chat with people nearby.[2] For instance, if you're a huge BTS
fan, you can put up some photos of the band (if your school allows it) and if any other fans pass by your locker, they may notice your photos and talk to you about it. Boom! Now you've got a new friend! It can make you look more fun and inviting. People tend to want to be around other people who seem happy. A smile is a simple way to radiate
positivity and make yourself seem more approachable. The first day of school can be challenging with all of the new classes and a new routine you walk around your school.[3] It's totally understandable to be annoyed or a little stressed on your first day. But a
scowl or an angry look on your face can quickly drive away people who may want to talk to you. It's much easier to keep chatting once you get a conversation going. Oftentimes, the hardest part of a conversation is getting it started. Try asking simple questions or giving someone a nice compliment. They'll likely respond to you and just like that,
you've managed to start a conversation![4] For instance, you could turn to the person next to you and ask something like, "Hi, do you know what page we're supposed to be on?" After they answer you, you can follow up with something like, "Thanks, I'm always lost in these biology classes. Are you a big bio fan?" Who doesn't like compliments? Try
saying something like, "I love your bracelet, it's really cool." If they say "thanks," you can follow up with something like, "Where did you get it?" to keep the conversation going. The right questions can encourage people to continue the conversation.
questions, which can often be answered with a simple "Yes" or "No." Use open questions to get people to keep talking, which can help you get to know each other and may lead to a great new friendship.[5] For example, instead of asking a closed question like, "Did you have a fun summer?" You could ask, "What was the coolest thing you did this
summer?" or "Do you have any hobbies?" That way, they'll have to talk more to fully answer the question. Chances are you'll have a lot in common with them, too. If you already have a few friends at school, you're in luck! Simply spend time with your already established friends and the people they hang out with. You'll likely end up talking to them
and may have a lot in common. After all, there must be a reason they're friends with your friend at lunch or during any breaks and talk to the people they hang out with to get to know them. They may just be as nervous about their first day as you are. If you see someone sitting by themselves in the cafeteria or class, try
approaching them. Be kind and ask them about their first day. You may find you have a lot in common and you may make a new friend just by being kind and welcoming to someone who looks worried or is sitting alone and say something like, "First days are always
tough. I don't really know many people here, what about you?" Hanging out with like-minded people will lead to new friends. In the first days and weeks of school, you may notice a bunch of flyers or announcements about joining some of your school's clubs or teams. Take advantage of them if any of them sound interesting to you. You'll meet other
people who have similar interests, which can oftentimes lead to great friendships.[8] For example, if you're super into comics, chess, or basketball, chances are there's a club or a team at your school doesn't have any clubs or teams that interest you, try starting one yourself! The more comfortable and familiar you are the
more approachable you'll seem. Try walking around the halls and scoping out places like the cafeteria and the library. Familiarize yourself with your classrooms and the people get to know and recognize you, they may be more likely to talk to you.[9] For
instance, you could check out the library and ask people what kind of clubs they like at your school. Keep in touch and continue the conversation with your new friends. Whenever you do connect with someone and it seems like you have a lot in common, get their phone number so you can text and call them. Add them on social media as well so you
can get connected there, too. Sometimes the connections you make on the first day of school can become lifelong friends.[10] Keep putting yourself out there and you'll find people may not want to be your friend, and that's okay! It doesn't mean there's anything wrong with you. Don't let it get to you. Just shrug it off and focus on
the people who do want to talk and hang out with you.[11] For instance, if someone on the bus or in the cafeteria is rude or mean to you, don't let it keep you down. They're just one person and you have a whole school full of people you can meet. Add New Question Where can I meet new friends? Ashley Pritchard, MA School Counselor
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 counseling with a specialization in Mental Health from Caldwell University and is certified as an Independent
Education Consultant through the University of California, Irvine. Ask your school counselor about different clubs or sports at your school, and then get in touch with either the coaches or other students who are involved. Joining clubs or sports is a great way to meet somebody who has similar likes and interests. Question My ex friend and I are going
to the same school and she is spreading rumours and lying about me to everyone she knows and I'm scared that others will avoid me or dislike me. What should I do? It can be difficult if someone is spreading rumors are untrue. Try to stay
positive! Question What if you are going into 7th grade at a new school how do you fit in? Going to a new school is tough. The best way to fit in is to act like yourself and find people who share the same interests as you. Try using conversation starters to get chatting with others at your new school. See more answers Ask a Question Thanks Thanks This
article was co-authored by Ashley Pritchard, MA. Ashley Pritchard is an Academic and School 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 206,954 times. "At first, this didn't really work, but I kept smiling, and
laughing, and soon, I had a giant slumber party with all the girls. "..." more 1 Look for people who have the same hobbies as you. You're more likely to be friends with someone if you have something in common with them. Try to find clubs or groups based on your favorite hobbies, then join them to meet like-minded people.[1] Also, pay attention to
people who spend their free time doing the same things you love to do.[2] If you love to draw, for instance, you could register for an art class, attend art shows, or look for people who are doodling during math class. If you're a passionate reader, join a book club, go to public readings, or strike up a conversation with someone who carries novels
around with their textbooks. Ask your favorite teachers if they can recommend any academic clubs for you to join! These can include debate teams, clubs for entrepreneurs, or a math guiz team. Reader Poll: We asked 133 wikiHow readers, and 55% agreed that the most appealing activity or group to make friends in is a club or sports team related to
your interests and passions. [Take Poll] 2 Spend time around people who show kindness. Finding someone who will treat you well and support you is more important than popularity. Avoid spending time with people who invite others to sit with them at lunch, who encourage others
when they speak up in class, or who are always willing to help when someone needs a hand.[3] When you're around someone, you should feel comfortable acting like yourself around them. A friend should never make you feel bad for being who you are. You may be interested in befriending some of the most popular people in school, but if they are
disrespectful to you or to others, they probably won't be a true friend. You should feel like the other person supports and respects you. Advertisement 3 Make new friends but you're looking to meet more people, try getting to know the other people your friends know. If you don't have a
chance to hang out during the school day, try setting up a group event after school or on the weekends. This can be as informal as walking home together, or it can be a planned activity everyone can participate in.[4] For instance, you could have your friends start meeting once a week at a local pizza place after school. Each week, encourage your
friends to invite as many of their mutual friends as they want. By making it a regular occurrence, you can build new friendships gradually. You could also attend group events like flag football games or even study groups to meet new people. Social Tip: Remember, there's room for your friends to like other people and still like you! Don't get jealous if
you're not the center of attention when there are other people around. Instead, take the opportunity to strike up a conversation with someone you've never talked to before. 4 Look for a group who's standing with their feet pointed outward. While making eye contact is an important part of communication, you might be able to learn something by
looking at people's feet, too. Some people believe that groups of people standing in a circle with their feet all pointing out are more likely to welcome you to join them.[5] It might sound crazy, but if you're trying to make new friends, give this a try the next
time you see groups of people chatting in the hall, at a party, or at a social event. 5 Join an intramural sport for a fun way to meet people.[6] If you really want to branch out and find new friends, consider stretching your current experience and trying something entirely new, like an intramural sport. Most schools have a variety of intramural teams, so
you should be able to find one that sounds fun to you. Find out when they meet, then attend the next event to inquire about joining. You don't have to be great at sports to play intramurals. Intramurals could be anything from soccer and flag football to frisbee, golf, and dodgeball. Mostly, they're designed to be a great way to have a good time, get
friends with them, since you'll have more of a chance to get to know them better. Afterschool social events might include school dances, movie nights, mixers, and plays. If you attend sporting events, not only will you build a bond with the other students cheering on the team, but the athletes may appreciate the fact that you came out to support them
especially if it's a team that doesn't draw a huge crowd. It can sometimes help to invite someone else to go with you to an event like this, since sitting by yourself can be lonely. Just pick someone you'd like to get to know better and say something like, "Hey, Stephen, I was thinking of the baseball game tonight, do you want to go with me?" Even if they
can't go to that particular event, they'll remember that you asked them, and they'll be more likely to consider you as a friend. 7 Avoid shutting yourself off from others, even if you feel lonely. If you're struggling to make friends, you may be completely unaware that you are creating a bubble around yourself that can make it difficult for others to get to
you. When you're walking through the halls, hold your head up high, smile at people when you make eye contact, and talk to others whenever you get the chance.[7] Talking to other people during the day doesn't have to involve long conversations with someone you don't know well. It could be as simple as saying something like, "How are you today?
when you're standing near someone at your locker, or "Hey, I liked your presentation!" after someone does a good job giving a speech in class. If you feel stuck in a routine that keeps you from interacting with people, try changing things up. For instance, you could try taking a new hall to get to class, which will give you a chance to interact with
people you might not see otherwise. 8 Unplug from your devices and participate in the real world. While social media can seem like interaction, adding a virtual friend is not the same as a personal friendship. Your new friends could be right in front of you, but if you're looking at your phone all day, you won't get a chance to find out. Get some actual
face time with other people by simply putting down your phone and interacting with the world around you.[8] If you are wearing headphones when you are walking around, it can give off the impression that you don't want to talk to anyone. Leave them out if you want to focus on making new friends. Don't spend so much time following celebs on Insta
that you forget to participate in your own life! For tips from real readers on now to build strong friends?" forum. Advertisement 1 Look for people who have the same hoppies as you. You re more likely to be friends?" forum. Advertisement 1 Look for people who have the same hoppies as you. You re more likely to be friends?" forum. Advertisement 1 Look for people who have the same hoppies as you. You re more likely to be friends?" for the same hoppies as you. You re more likely to be friends?" for the same hoppies as you. You re more likely to be friends?" for the same hoppies as you. You re more likely to be friends?" for the same hoppies as you. You re more likely to be friends?" for the same hoppies as you. You re more likely to be friends?" for the same hoppies as you. You re more likely to be friends?" for the same hoppies as you. You re more likely to be friends?" for the same hoppies as you. You re more likely to be friends?" for the same hoppies as you. You re more likely to be friends?" for the same hoppies as you. You re more likely to be friends?" for the same hoppies as you. You re more likely to be friends?" for the same hoppies as you. You re more likely to be friends?" for the same hoppies as you. You re more likely to be friends?" for the same hoppies as you. You re more likely to be friends?" for the same hoppies as you. You re more likely to be friends?" for the same hoppies as you are the s
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passionate reader, join a book club, go to public readings, or strike up a conversation with someone who carries novels around with their textbooks. Ask your favorite teachers if they can recommend any academic clubs for you to join! These can include debate teams, clubs for entrepreneurs, or a math guiz team. Reader Poll: We asked 133 wikiHow
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experience and trying something entirely new, like an intramural sport. Most schools have a variety of intramural sport to inquire about joining. You don't have to be great at sports to play intramurals. Intramurals could be anything from
soccer and flag football to frisbee, golf, and dodgeball. Mostly, they're designed to be a great way to have a good time, get some exercise, and gain a whole new team of friends. 6 Attend social events like dances and sporting events. Many times, schools will provide opportunities for students to mingle outside of the classroom. Take advantage of these
activities when they come up. After all, the more often you cross paths with someone, the more likely you are to become friends with them, since you'll have more of a chance to get to know them better. Afterschool social events might include school dances, movie nights, mixers, and plays. If you attend sporting events, not only will you build a bond
with the other students cheering on the team, but the athletes may appreciate the fact that you came out to support them, especially if it's a team that doesn't draw a huge crowd. It can sometimes help to invite someone else to go with you to an event like this, since sitting by yourself can be lonely. Just pick someone you'd like to get to know better
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could be right in front of you, but if you're looking at your phone all day, you won't get a chance to find out. Get some actual face time with other people by simply putting down your phone and interacting with the world around you.[8] If you are wearing headphones when you are walking around, it can give off the impression that you don't want to
talk to anyone. Leave them out if you want to focus on making new friends. Don't spend so much time following celebs on Insta that you forget to participate in your own life! For tips from real readers on how to build strong friendships, check out wikiHow's "How do you actually make real friends?" forum. Advertisement To make new high school
friends, join a club, team, or volunteer group to find people with similar interests as you. Make eye contact and smile at people to look approachable, or try making small talk with someone who's sitting alone at lunch or on the bus. Ask people questions to get to know them and listen attentively. Be yourself in return so they can get to know the real
you! Get involved in something that interests you. If you want to make new friends, you'll need to start by finding new people to be friends with. One great way to do that is by joining an academic club, sports team, or other school-related organization. If it's something you're interested in, you'll automatically have something in common with the other
students who've also joined.[1] Clubs are a great option because they provide a structured environment for you to interact in and can expose you to people with whom you already have something in common.[2] Depending on your interests, you might join a service-oriented club, a language club, a gaming club, or a literary magazine, for instance. Join
an academic or athletic team.[3] Being on a team provides built-in camaraderie and plenty of chances to hang out with the other people on the team.[4] If you're athletic, you might join Model UN, Scholars' Club, or debate team. You can also sign up for electives
like band, yearbook, theater, and the school paper—these are all great ways to meet people who share some of the same interests as you.[5] Reader Poll: We asked 133 wikiHow readers, and 55% agreed that the most appealing activity or group to make friends in is a club or sports team related to your interests and passions. [Take Poll] Advertisement
Don't skip school dances, parties, and pep rallies. Even if school social events don't really seem like your thing, dress up and go anyway! You might just be surprised at how much fun you have when you push yourself to get out of your comfort zone. If you know someone who's going too, see if you can buddy up and go together. However, you can still
have a good time if you're going solo—just act like you're super-confident and happy to be there (even if you feel a little nervous).[6] Cheer on the home team at a football or basketball game, show off your moves at a school dance, or grab tickets to the theater club's latest play. The more active you can be, the more chances you'll have to interact with
people and make new friends. Meet people by working outside of school hours. Working and volunteering are both great ways to improve your resume and college applications, but have you ever thought about the impact they can have on your social life? Having an after-school job or donating your time to help those in need can help you connect with
people you might not otherwise get to know very well—and you might just end up making some really good friends in the process.[7] Volunteering clubs on campus, or check out different volunteer organizations in your town. If you have a hard
time talking to people, try getting an after-school job where you'll work with the public—the practice talking to customers can help you be more comfortable making friends at school. For an added bonus, try applying for jobs at places where teens usually hang out, like your local pizza place or movie theater. Advertisement Connect with people from
school on different online platforms. If you feel like people would really like you if they could just get to know your awesome personality, social media might be just the ticket. Friend or follow people you know from school, then keep your pages updated with cool, upbeat content that shows off a little bit about who you are. That might just lead to
connections you can turn into real-world friendships.[8] For example, you might share memes or offbeat jokes that show your unique sense of humor. If you're really into art, for instance, you might post photos of your finished works. If you're a musician, you might share videos of your latest
song. Chat a few minutes to see if you have anything in common. If you see someone who's sitting by themselves at lunch or before school, walk up and ask if it's okay if you sit down. Then, ask them a few questions to get to know them a little better. It might seem a little intimidating, but it's a lot easier than walking up to a group of people, and you
might end up connecting with someone you really get along with.[9] If you don't seem to be vibing after a few minutes, it's not a big deal—just say something like, "I've gotta get going but maybe I'll see you tomorrow. Have a good one!" Advertisement Try to come across as open and approachable. You don't have to walk around with a big grin
plastered on your face all day—that will probably make you look and feel kind of silly. However, when you're walking around at school, keep your head up. When you make eye contact with someone, give them a quick smile. That kind of friendly attitude will usually make people want to get to know more about you over time.[10] If you look
preoccupied or frustrated, people will be less likely to approach you. It's okay if you have a bad day once in a while—you don't have to pretend to be someone you're not. However, as a general rule, try to focus on coming across as friendly. Take deep breaths or strike a power pose to feel more in control. When you're nervous or tense, that tends to
come across to other people—but what if you can't help but get butterflies before you talk to someone? Try taking a couple of deep, slow breaths in through your mouth. That will be easier to come across as cool and
confident.[11] If you're struggling with feeling insecure, slip into the bathroom or a private spot and adopt a confident stance. For example, stand with your head up. Even just pretending you're confident can help you actually feel that way![12] Practice
challenging that voice in your head that makes you doubt yourself. For instance, if you get nervous when you're talking to someone else, remind yourself that they're probably feeling a little nervous too.
That can help you feel more relaxed around them. Advertisement Strike up conversations throughout your day. Don't worry if it feels a little awkward to start talking to people. Although it comes naturally to some people, it takes a lot of practice for other people to become great conversationalists. The good news is that it's definitely a skill you can
learn. For now, just try to get comfortable making small talk with the people you meet in class or at your after-school activities.[13] Small talk can be as simple as saying, "Hey, how's your day going?" to the person next to you. Avoid questions that can be answered with "yes" and "no." Instead, go for open-ended questions that give the person a
chance to elaborate. People usually like talking about themselves, and when you seem like you're interested in someone else, it actually makes you seem more interesting, too.[14] If you don't know how to start a conversation with a question like, "What are you doing for winter break?" or "Who are you taking for biology?" Be sure
to ask follow-up questions to show the person you're really interested in what they're saying. For instance, if someone mentions something about their dog, you might ask what kind of dog it is, what its name is, and whether they have any pictures.[15] Advertisement Give the person you're really interested in what they're saying. For instance, if someone mentions something about their dog, you might ask what kind of dog it is, what its name is, and whether they have any pictures.[15]
you're listening by nodding your head, making eye contact, and pitching in small comments here and there like "Really?" or "Oh that's cool."[16] Don't just glaze over, look at your phone, or think about what you're going to say next—really try to be present so you can get to know the person better.[17] If the person seems especially passionate about
something, ask them more questions about it to keep the conversation going. When the conversation starts to trail off, let it end naturally. Say something like, "Awesome, I hope you have fun on your trip. You can tell me all about it next week!" Make genuine connections by letting people get to know the real you. Embrace yourself for who you are, and
don't be afraid to show that to other people. It's okay to try to gloss over things you don't like about yourself, like pretending to be confident when you really feel nervous. However, don't lie about yourself to try to impress other people—the truth is going to eventually come out, and it will just push people away if they feel like you're not authentic.[18]
For example, if somebody says they love basketball, don't act like you're a huge fan when you're really not. You can ask questions like "Who's your favorite team?" to show the other person you're interested without being dishonest. Do be open to learning about what other people like, even if you don't know much about it—they might share something
that helps you see it in a new light! For example, if your friend invites you to a basketball game, you might tag along and discover you actually find it pretty exciting! Advertisement Share what you like about others to brighten their day. The best compliments have to do with someone's personality or their sense of style. For example, if someone has a
great new haircut or an awesome pair of shoes, point it out! Similarly, if you feel like one of your classmates always asks great questions or tells the best jokes, let them know. Doing this will help you seem super positive and friendly, which may help you make friends more easily.[19] Avoid making comments about a person's body or how attractive
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they are—that can make them feel uncomfortable. Get to know someone before you open up too much. Sharing too much about yourself too quickly can be off-putting. In general, avoid talking about anything that's really personal in the first few conversations, like details about your home life or medical history. For example, don't get into details that might make the conversation awkward, like your cousin's stint in jail or your sister's habit of eating paper towels. [20] A good way to make sure you don't overshare is to spend more time talking about the other person than you do about yourself. When you start getting closer with someone, sharing your secrets can help deepen your friendship. Just

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 to click with someone, see if they want to come over to your house or go somewhere with you 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 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 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 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, 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 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 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 times. Co-authors: 50 Updated: 406 school can be nerve-wracking, 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