

Let's Be Friends

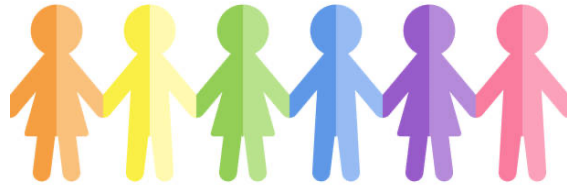
Directions:

The tip sheet is designed to support building comfortable and respectful friendships with autistic individuals. Each tip highlights a meaningful action that helps create a positive experience for both peers and the autistic person. Building friendships is smoother when everyone understands one another. These tips can help build the foundation for respectful communication, comfortable interactions, building connection, and celebrating everyone's individual uniqueness.

When to use this tip sheet:

- Preparing for social interactions
- Supporting peers or classmates in building inclusive friendships
- Introducing yourself to a new classroom, club, or group setting
- Helping classmates understand autism and friendship

Let's Be Friends



1. **Kindness and Patience:** Everyone learns and communicates differently. Give me time to respond on my own.
2. **Include Everyone:** Ask me to join in, even if I say no sometimes. Being specific may help me.
3. **Clear Words:** Use age-appropriate language, don't talk to me like I'm a baby. Avoid sarcasm.
4. **Give Space:** Ask before touching me and notice what makes me most comfortable.
5. **Listen and Learn:** Find things in common or ask about my special interest.
6. **Don't Judge:** If I'm engaging in a stim or behavior that you don't do, that's okay! It may help me feel calmer.
7. **Give Feedback:** It's okay to tell or ask me nicely not to do something if it is wrong, be sure to also tell me what to do so I can learn how to do it right.
8. **Be a Helper:** Offer help if it is needed but let me try on my own first.
9. **Stand Up, Be Brave:** If someone is teasing, bullying, or leaving me out, speak up. Look out for me the way you would want me to look out for you.
10. **Celebrate Strengths:** Everyone has things they are good at; sports, art, math, or being a great friend. Let's appreciate the things we are all good at!