

HOW TO MEET AND TALK WITH NEW PEOPLE (page 1)

Meeting and talking with new people is an important life skill. It can help you build friendships, feel more confident, and create new opportunities.

This handout will help you:

- Learn about ways to meet new people.
- Think about what helps you start and continue conversations.
- Make a plan to feel more comfortable and confident when talking with others.

How to Use This Handout

- Read through each section of the worksheet.
- If you need help, ask someone you trust, like a family member, teacher, or support staff.
- Write your answers, circle ideas, or draw your thoughts.
- Take your time—there are no wrong answers.
- Your answers are for you. You do not have to share them.

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Step One: Where Can You Meet New People?

Think about places where people meet others. Examples might include work, classes, clubs, volunteering, faith communities, social groups, hobbies, sports, community events, or online groups.

Where could you meet new people?

Are there any new activities or groups you might like to try?

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Step Two: What Helps You Talk With People?

Starting Conversations (The Beginning)

What has helped you start conversations with new people?

When someone starts a conversation with you, what do you like them to do?

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Continuing Conversations (The Middle)

What helps you keep a conversation going?

When someone keeps talking to you, what do you want them to do?

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Ending Conversations (The End)

What do you usually do to end a conversation?

When someone ends a conversation with you, what do you like them to do?

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Step Three: What Do You Want to Remember?

Write three things you want to remember about conversations when meeting new people.

1. _____
2. _____
3. _____