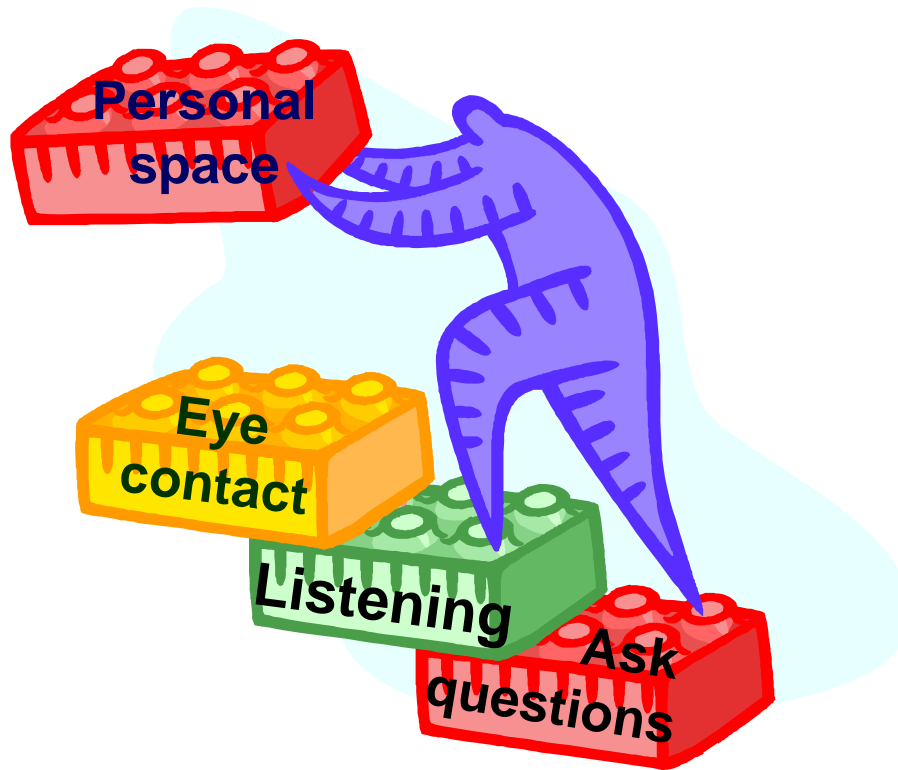




Family Education & Support Youth Program Topic Five

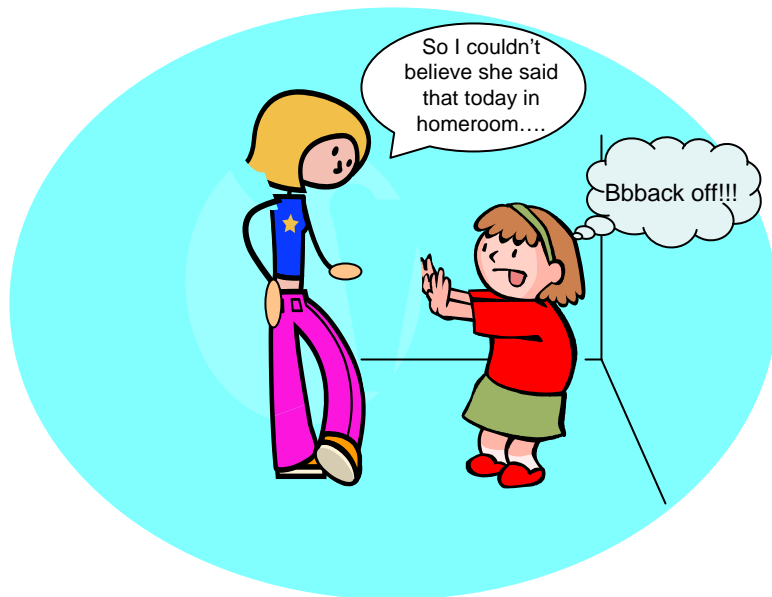
~ Some Building Blocks to Friendships ~

Some Building Blocks to Friendships



Personal Space

Figuring out how to respect others' space can be tricky.



You don't want to stand too close to them where they feel closed in.

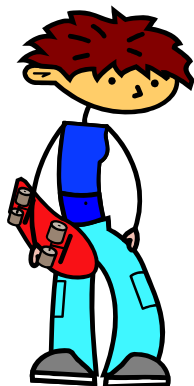


But you don't want people to feel like you are avoiding them either.

Personal Space Rainbow*

Do you know how close to
stand to people?

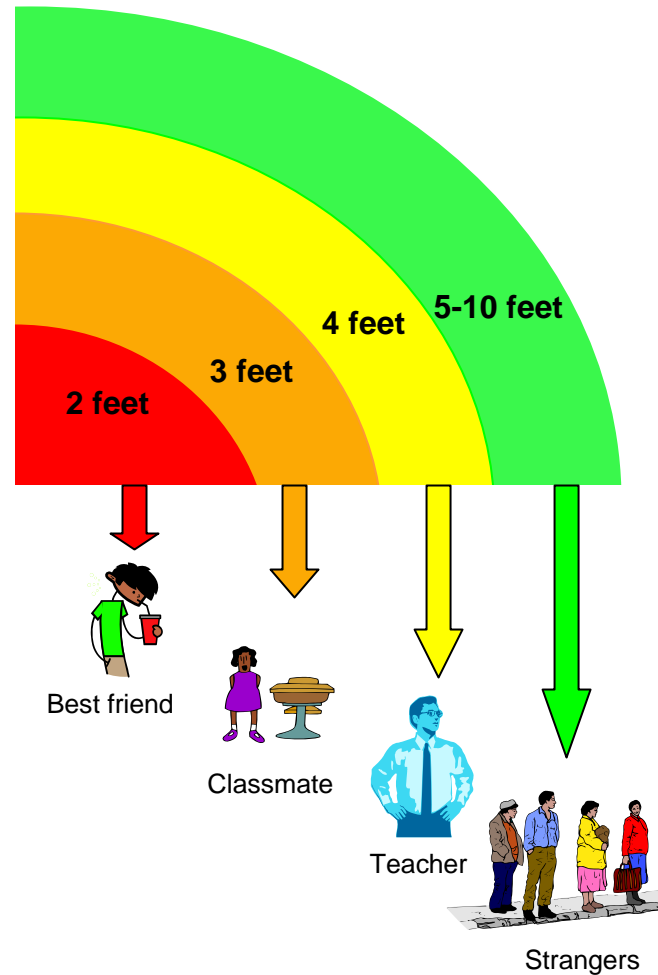
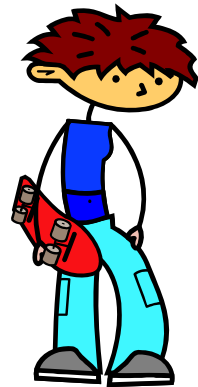
It depends on who they are !



Figuring out how to respect others' space can be tricky.
When you do have the right personal space, it makes
everyone feel more comfortable, including you!

Personal Space Rainbow*

Here are some examples to help you think about how close to stand from people!

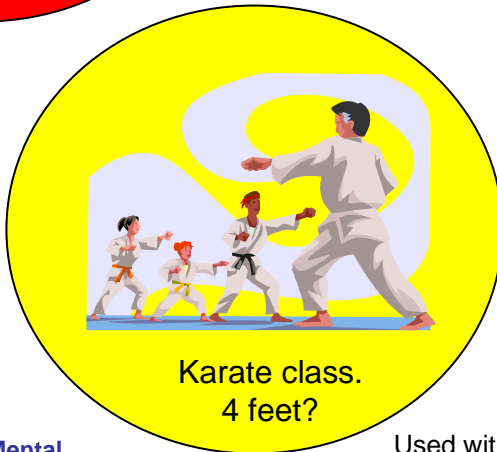
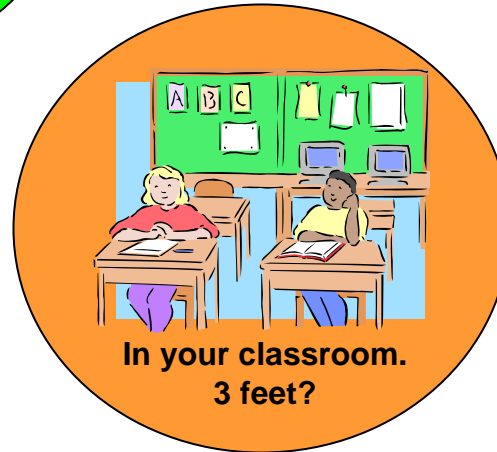


How Can Your Rainbow Work for You?

Here are some suggestions.



Remember, there is no perfect answer.

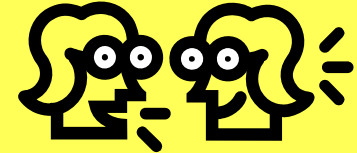


Do these seem right for you?



Look at me when I am talking to you!

Most people think you are listening to them only if you are looking at them.



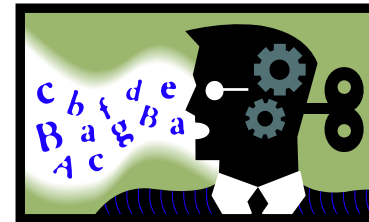
Actually, for some people, it is easier to concentrate WITHOUT having eye contact when:

Listening



or

Talking



Where do you tend to look when you are *listening* ?

Where do you tend to look when you are *talking* to someone ?

Do you find yourself looking away ?

With practice, you can work on increasing eye contact and staying focused!

Here are a few more skills to make and keep friends!



Ask questions during a conversation.

This shows the other person you are interested,
and they might like talking to you more!

Do you ever “zone out” for a few seconds when someone is talking? Everyone does that !!!

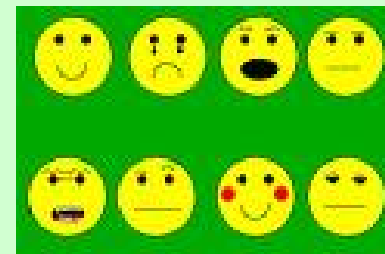
Don't worry about saying, *“I just missed what you
were saying. Can you say it again?”*

And don't forget about eye contact.

Look at the person in the eye as much as you can.

~ Understanding Nonverbal Communication ~

This is how people communicate
besides talking



Notice nonverbal communication when people interact

Does their **tone of voice** match what their words say?

Do they maintain **eye contact** with the other person, look away, or roll their eyes?

Do they touch the other person to make sure they are listening?

Some ways you can tell if someone might be feeling *uncomfortable*:

- If they are turning or backing away
- Moving or fidgeting a lot
- Looking at their watch
- Crossing their arms