



Riding a bike can seem scary at first. You might hit a bump and wipe out. But think of the fun you'd miss if you never tried.

It's the same with making friends. If you're nervous about meeting new people, focus on the thrill of the ride—finding great new friends. You can start by looking for kids with common interests. Say hi to kids you see

at school or in your neighborhood. Talk to them a few times. If they seem friendly, ask your parents if it's okay to invite them to hang out.

Widen your view of who could be a friend, too. It's fun to meet people who open your eyes to new interests. You can also share your hobbies. Having diverse friends adds adventure as you ride through life.

How are your friend-making skills? Circle your answer under each statement, then add up your points.

- 1** If someone invites me to hang out, I respond in a friendly way. If I can't make it, I suggest another time.
Often = 3 • Sometimes = 2 • Rarely = 1



- 9** I go to school activities, like carnivals and sporting events, and talk with other kids I see there.
Often = 3 • Sometimes = 2 • Rarely = 1

- 10** I ask my friends to invite their other friends to hang out with us.
Often = 3 • Sometimes = 2 • Rarely = 1

- 2** I look for clubs or service projects so I can meet new people and learn new things.
Often = 3 • Sometimes = 2 • Rarely = 1

- 5** I smile and say hi to new people I meet.
Often = 3 • Sometimes = 2 • Rarely = 1

- 6** I watch for ways to be helpful to people, like holding a door open or explaining a hard math problem.
Often = 3 • Sometimes = 2 • Rarely = 1



- 3** I'm kind and respectful to others, even if they're not my good friends.
Often = 3 • Sometimes = 2 • Rarely = 1

- 7** I don't make snap judgments about people based on their looks. I try to get to know who they really are.
Often = 3 • Sometimes = 2 • Rarely = 1

- 11** If I notice kids who look lonely or left out, I talk to them.
Often = 3 • Sometimes = 2 • Rarely = 1

- 4** When I meet new people, I remember to just be myself and not try to impress them.
Often = 3 • Sometimes = 2 • Rarely = 1

- 8** If a kid comes up to my group of friends, I invite him or her to join us.
Often = 3 • Sometimes = 2 • Rarely = 1

- 12** If someone declines my invitation, I don't take it personally, and I'm still friendly to the person.
Often = 3 • Sometimes = 2 • Rarely = 1

SCORING

MY TOTAL:

36–28 points: You're doing a great job of reaching out to friends. Your ride is going smoothly!

27–20 points: You've made a good start at finding friends. Try a tip from the quiz to keep gliding along.

19–12 points: You can pump up your friendship skills. Get things rolling by trying some tips from the quiz.