



**Ambitious
about Autism**

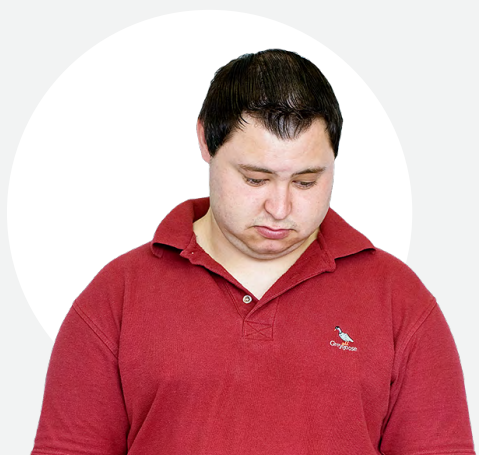
Making friends

**An easy read guide explaining
how to make friends as
an autistic young person.**





Making friends and having social interaction is an important part of everyone's life.



For some autistic people making friends can be challenging and this can lead to feelings of sadness and isolation.



While some people enjoy their own company and don't feel the need to make friends, others can feel lonely, vulnerable, depressed, or alienated.

You may feel socially isolated for a number of different reasons.



You may struggle to speak to new people and avoid interaction because of this.



You may feel worried that some people will judge you for being autistic.



You may not have found a group of people with similar interests to you.

You may not enjoy socialising in groups and prefer 1-1 friendships.



You might feel nervous about speaking to new people and need additional support to do this.



Tips for making new friends

Speak to someone that has similar interests to you. Ask them questions about their own hobbies and interests.



Don't try to be friends with everyone – make friends with people that make you feel happy.



Try joining online or in person communities based around something that you really like.

The Ambitious Youth Network is a great way to connect with other autistic young people.



Where can I meet new people?



- **Social media**
- **Online communities – The Ambitious Youth Network**
- **Clubs**
- **Education**
- **Employment**





Starting a conversation

You might want to make friends with new people, but you might not be sure what to say to them or how to start the conversation. Here are some conversation starters:



Ask someone about their hobbies.

“I really enjoy playing the piano. What’s your favourite hobby?”



Ask someone what their plans are for the weekend.

“Are you doing anything nice over the weekend? I’m going to the park with my family.”



Ask them where they go to school or college, or what they do for work.

“What do you study at college?”

Maintaining friendships



A good way to maintain friendships is to check in with your friends regularly or schedule days to meet up in advance so you both have something to look forward to.



Questions to think about:

1. What people in my life make me feel happy?
2. What qualities do I like in other people?
3. How do I like to spend my free time?

Everyone deserves to have people in their life that make them happy.

You can sign up to our Ambitious Youth Network to access support and meet other autistic young people.



We are Ambitious about Autism

Ambitious about Autism is the national charity standing with autistic children and young people.

We believe every autistic child and young person has the right to be themselves and realise their ambitions.

We started as one school and have become a movement for change. We champion rights, campaign for change and create opportunities.

Contact us

The Pears National Centre for Autism Education
Woodside Avenue, London N10 3JA

☎ 020 8815 5444

✉ info@ambitiousaboutautism.org.uk

🌐 ambitiousaboutautism.org.uk

Follow us

🐦 [ambitiousautism](https://twitter.com/ambitiousautism)

📘 [ambitiousaboutautism](https://www.facebook.com/ambitiousaboutautism)

📍 [ambitiousaboutautism](https://www.instagram.com/ambitiousaboutautism)



**Ambitious
about Autism**

Ambitious about Autism is a registered charity in England and Wales: 1063184 and a registered company: 03375255.

Ambitious about Autism Schools Trust is an exempt charity in England and Wales and a registered company: 08335297.