



Best Buddies Middle School Peer Buddy Handout

Six Steps to Forming Your New Friendship



Remember your commitment!

- Make contact with your buddy once a week.
- Have two one-to-one outings per month.
- Become a contributing member of your chapter by attending all chapter meetings and group activities.

Step 1: Write a letter to your Buddy to help him/her get to know you.

Some things to include in your letter:

- Your hobbies and “favorites” (food, music, TV show, sport, etc.)
- Things about your family and pets
- What you like to do for fun and things you might want to do with your Buddy

Send the letter in the mail to your Buddy so his/her parents see it too!



Step 2: Call your Buddy at home.



- If your Buddy’s parent answers, introduce yourself first and explain that the two of you are a new Best Buddies match.
- When you talk to your Buddy, ask questions like, “What’s your favorite movie? What do you like to do when you’re not at school?” Don’t forget to tell him/her what your favorite things are too!
- Make plans with your Buddy to get together. The parent may jump on the phone to ask for more details. If not, it is okay to ask to talk to one of the parents to work out the arrangements.

Step 3: Talk to the Special Education Advisor if you have questions.

- Get advice on the best ways to communicate with your Buddy.
- Find out what your Buddy enjoys talking about or doing.



Step 4: Attend the Best Buddies Family Night.

- Meet your Buddy’s parents and help them feel more comfortable with their child’s new friendship.
- If your chapter doesn’t have an event like this, try to meet your Buddy’s parents before or during your first outing (i.e. at your Buddy’s house).

Step 5: Continue to talk to your Buddy once a week.

- At first, you will probably do most of the “work” and be responsible for making weekly contact.





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- Here are some ways to keep in touch with your Buddy each week.

If you go to the same school:

- Greet your Buddy in the morning when he/she gets off of the bus.
- Stop in the hall to say “hi.”
- Find your Buddy during lunch to chat.
- Leave a note for your Buddy in his/her locker, desk, or with his/her teacher.
- E-mail each other.
- Call your Buddy at home.
- Send a card or letter in the mail.

Step 6: Attend the Best Buddies group activities

- By far, the most important aspect of a Best Buddies friendship is the **one-to-one outing**. One-to-one outings allow you and your Buddy to spend time developing your friendship.
- One of the best ways for you to build a natural friendship is by **including your Buddy in your everyday activities**. You and your Buddy should plan activities that you both will like, just as you might with any of your friends.
- Keep in mind how much an activity is going to cost and **plan activities that both of you can afford**. Be creative and plan things that do not cost much or, better yet, are free.

Here are just a few suggestions for things to do with your Buddy.

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|  Go shopping. | Work out at the gym together. | Hang out at the park. | Go bowling or miniature golfing. | Play sports.  |
| Rent a movie or go out to the movies. | Eat lunch at school together or go out to eat. | Walk your dog  or visit a local animal shelter. | Attend each other's games or competitions. | Surf the Internet together.  |
| Attend a school sports game. | Go to a museum. | Go ice-skating or rollerblading. | Visit the zoo or the aquarium. | Make a scrapbook. |
|  Attend the school play. | Hang out and listen to music. | Go sledding, swimming, or skiing. | Go to a coffee shop or ice cream shop.  | Cook or bake together. |
| Watch your favorite TV show. |  Play video games | Go hiking. | Play a board game at home. | Visit a nursing home. |