“FRIENDS!”

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What does “FRIEND” mean to you?

happy

Caring

trust

silly

loving
FRIEND OR NON-FRIEND????????
FRIEND OR ACQUAINTANCE??????
ACQUAINTANCES VS FRIENDS
WHAT IS AN ACQUAINTANCE?

An acquaintance is----

- a person we know but not a close friend;
- someone we’re in contact with through work, school or day program;
- someone we see regularly while following our daily routine.
WHAT IS AN ACQUAINTANCE?

A bank teller........
WHAT IS AN ACQUAINTANCE?

Someone at our favorite coffee shop.......
WHAT IS AN ACQUAINTANCE?

your doctor or nurse.......
ARE MY STAFF MY FRIENDS?????

We can be friendly!

We can do fun things together!
ARE MY STAFF MY FRIENDS?????

We can laugh together!
There are boundaries between staff/supporters and those who they support. Know what your staff’s role is and know who to talk to if you have concerns. Pay attention when staff are present in your home. Don’t be pushed around. They are there to support not tell us what to do. Staff are paid to be there so they have a job to do. We can be friendly and have fun together but we both have a job to do.
WHAT IS A NON-FRIEND?

Someone who is unkind......
WHAT IS A NON-FRIEND?

Someone who uses you for money, cigarettes or sex......
HOW CAN YOU TELL A NON-FRIEND?

SIGNS YOU'RE BEING USED:
- You only hear from your friend when they need something.
- Making plans with your friends without you.
- You're being betrayed.
- You are constantly told NO.
- Your friend pressures you.
- Your friend is lying to you.
- You get invited at the last minute, if at all.

By PositiveMed
HOW CAN YOU TELL A NON-FRIEND?

They are pushy!

They spread rumors about you!

They say bad things about you and to your face?

They are sneaky!

They don’t say a lot about themselves but ask lots of questions about you, your life, where you bank, when do you get paid, and personal stuff.

They steal or “borrow” things from you without asking.

They touch you even if you have said “NO!”
PROTECT YOURSELF!

Pay attention!
Don’t be pushed around!
NO means NO!
If you feel something isn’t right, trust yourself and get help.
Say “GET LOST!” or “I don’t want to see you again!”
If you are concerned about your staff, talk to a trusted person!
Ask for advice from your friends or people you trust!
If things are missing, let a trusted person know!
CREEPS ARE EVERYWHERE!!!!
WHY IS IT GOOD TO HAVE FRIENDS???

Someone to share good times with
Someone to talk on the phone when you feel lonely
SHARE SAME INTERESTS & LOOK OUT FOR EACH OTHER
MAKES YOU FEEL HAPPY
PEOPLE WITH FRIENDS ARE HEALTHIER
Someone to go places with
Someone who’s got your back
Someone to encourage you to try new things
Someone who will check in on you
WHAT GETS IN THE WAY OF FRIENDSHIPS???

Lack of money or Lack of transportation
Accessibility issues
Living in segregated homes
Lack of support by staff or family
Difficulty communicating
Fear of getting close to someone
MAKING FRIENDS ISN’T EASY BUT IT’S WORTH IT!!!!
How do I make friends???
Exploring Your Community

- Places
- People
- Connections
- Things to Do
Exploring Your Community

HOW CAN WE FIND OUT ABOUT OUR OWN COMMUNITY??

• TAKE A WALK AND SEE WHAT’S RIGHT THERE
• TRY TO NOTICE PLACES WHEN YOU GO TO THE BANK, GROCERY STORE, GYM OR WORK
• LOOK IN THE TELEPHONE BOOK
• READ THE NEWSPAPER
• INTERNET

LET’S HEAR YOUR IDEAS!
Exploring Your Community

What is there to do???????
Exploring Your Community

How do we explore???????????
Exploring Your Community

How else do we explore???????????
Get out there and EXPLORE YOUR WORLD!!!!
WHO CAN BE YOUR FRIENDS?

Your friends can be:

• People of different colors
• People with different religions
• People with and without disabilities

There are no limits on who might be your friends!
THANK YOU!

This training is brought to you by “Widening the Circle” formerly the “Real Friends Project” offered through the ARC of Massachusetts.

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