



Friendships and Communication

Sexuality is about more than just sex! It's also about relationships, including friendships. This handout provides tips for managing friendships and respecting the different ways people communicate.



Understanding Friendship Dynamics

Friendships have different purposes in our lives and can change over time.

Types of Connections

Some people you meet will become your close friends, and others will not. You won't have a strong connection with everyone you meet.



Short-Term Connections

You may feel less close with friends made in places like school as time passes or your life changes. This is normal.



Embracing Diversity in Communication

Understanding communication differences can help make your friendships stronger.

Communication Tools

Some people use technology or visual signs to help express themselves. Sometimes this is called Augmentative and Alternative Communication (AAC).



Cultural Practices

Different communities may have different ways of communicating. This can involve different rules, slang or visual methods, such as in d/Deaf culture.



Tips for Navigating Friendships

Respect Differences



Be open to learning from other people. We can learn a lot from each other's backgrounds and experiences.

Maintain Boundaries



You may not want to be someone's friend. Or, you may not want to do the same things as your friends. Tell them clearly and kindly if that is the case.

Slow Down and Pay Attention



Take the time to understand how your friends communicate. Be patient, especially when learning new ways to communicate or when asking for clarification.

This resource was created in collaboration with the Holland Bloorview Kids Rehabilitation Hospital Youth Advisory Council