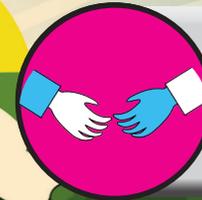


# 5. Relationships



Friendship



Sense  
of  
Belonging



Social  
Skills  
Development



Anti-Bullying  
Efforts



## 5. Relationships

### 5.1 Friendships

#### What are friendships?

...Relationships with people that you care about, trust, and have fun with.

### 5.2 Sense of Belonging

#### What is a sense of belonging?

...Feeling that others understand you and accept you for who you are.

### 5.3 Social Skills Development

#### What is social skills development?

...Learning how to best communicate, understand, and get along with people in your family and community.

### 5.4 Anti-Bullying Efforts

#### What are anti-bullying efforts?

...Attempt to decrease bullying and the impact it has on you by helping you learn to cope with bullying and get along with other students.



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Transition Discoveries was funded by a grant from the PA Developmental Disabilities Council.

# Relationships

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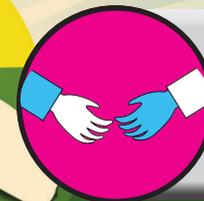
## 5.1 Friendship



**Friendship**



**Social  
Skills  
Development**



**Sense  
of  
Belonging**



**Anti-Bullying  
Efforts**

# TRANSITION DISCOVERIES Relationships 5.1 Friendship



## What are friendships?

...Relationships with people that you care about, trust, and have fun with.

## Ideally, friendships include...

- Meeting and connecting with people who share your interests
- Being part of connecting with your peers
- Being part of fun activities with others

- Long-term relationships with people who care about you and who you can trust

## Friendships result in...

- Knowing how to communicate and get along with others
- Learning how to build healthy and safe relationships
- Having strong relationships with people that continue after graduation
- A full and rich life



**“My biggest fear is being tricked into friendship. A lot of friends, you’ll think they’re your friends and find out later that they’re not. What I want in my future is to make friends, get to know each other, hang out, and have fun!”**

*Transition-age youth*



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# Relationships

## 5.2 Sense of Belonging



Friendship



Social  
Skills  
Development



Sense  
of  
Belonging



Anti-Bullying  
Efforts

# TRANSITION DISCOVERIES Relationship 5.2 Sense of Belonging



## What is a sense of belonging?

...Feeling that others understand you and accept you for who you are.

## Ideally, a sense of belonging...

- Means that you are accepted in your school and community
- Gives you opportunities to serve as a leader
- Provide opportunities to spend time with others that have similar interests
- Allows you to have fun with people you can trust

## A sense of belonging happens when...

- You are included in activities at your school and community
- You have the supports that you need to participate in activities with your friends and peers
- You can make friends with other people with and without disabilities
- You can be comfortable in social activities and talking with new people



**"I'd just like to accept myself for who I am then everything will kind of just, not fall into place, but I will kind of find my potential."**

*Transition-age youth*

**"The peer support, peer buddies at school is a huge deal. He's had that for years and years and he knows a lot of different people through different things like camp and sports jamboree. He knows a lot of people and they all know him, which is a good thing. He has a lot of social interaction."**

*Family of transition-age youth*



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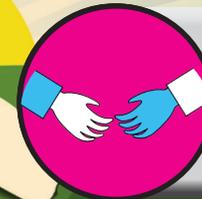


# Relationships

## 5.3 Social Skills Development



Friendship



Sense  
of  
Belonging



**Social  
Skills  
Development**



Anti-Bullying  
Efforts



### What is social skills development?

...Learning how to best communicate, understand, and get along with people in your family and community.

### Ideally, social skills development...

- Teaches you how to understand what people are feeling by paying attention to how they act
- Encourages you to make eye contact when speaking with others
- Helps you to communicate your feelings and talk about other's feelings
- Helps you to be successful when at work and when you are in the community

### Social skills development means that you will...

- Know what behaviors are acceptable in public and how to interact with others in different situations
- Know what it means to have a healthy, safe relationship with others
- Know what is appropriate to do and say in public



**"I go to work-based learning every afternoon. We learn examples of how you get a job. A big one is your attitude—how you work and how you act around others."**

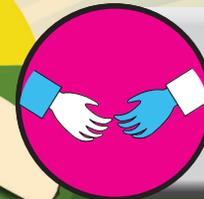
*Transition-age youth*

# Relationships

## 5.4 Anti-Bullying Efforts



Friendship



Sense  
of  
Belonging



Social  
Skills  
Development



Anti-Bullying  
Efforts



### What are anti-bullying efforts?

...Attempts to decrease bullying and the impact it has on you by helping you learn to cope with bullying and get along with other students.

### Learning about anti-bullying will...

- Help you to be part of programs offered at your school where you have a voice
- Help you get along with other people
- Teach you how to speak up when others say things about you that are not nice or not true
- Show you who to tell in your school and community when people say or do things that hurt you

### Anti-bullying efforts give you...

- A safe environment where you feel supported
- Acceptance and respect by others



**"I got accused of talking behind a friend's back, which I wasn't. I was upset, I was crying. I went to the guidance office at school. They handled it, and I told my friend that I wasn't talking about her. Then it felt a lot better. We're still friends."**

*Transition-age youth*

**"In 5th grade, this kid was calling me names that are like banana, nerd, like picking on names. I didn't like him. Probably the boy was picking on me because I was in a special room. I told my grandma, and she told the principal, and the principal took care of it."**

*Transition-age youth*