

# How to Be a Good Friend

What makes a good friend?

Good friends are helpful, kind, and fun!

Autistic kids like to play, laugh, and learn – just like you!

What are good ways to make friends with autistic kids?

**1 Ask them to join you!**



Do you  
want to play  
with me?

**2 Wait for them.** Autistic kids may take time to talk.  
Be patient.

**3 Take turns talking.** If your friend doesn't talk, look  
at their face to see how they feel.

Match the face to the feeling!



Scared



Sad



Happy



Do you want to

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ ?

Tip: Autistic kids  
may not look at you  
when you talk to them.  
It doesn't mean that  
they're not listening!

4 **Be kind.** If your friend makes you upset, tell them to “please stop.” If they make you happy, be sure to tell them that, too!

5 **If you don’t understand something that your friend does or says, ask them!**

6 **Let them talk about their autism.** Some kids want to talk about their autism. Some don’t. Don’t talk about their autism unless your friend says it’s okay.

7 **Love your differences!** Autism is not a bad thing. It’s a way that people are different. Difference is great– it’s what makes us special!

I like you  
just the way  
you are!

What kind  
of games  
do you like?



Nice things to  
say to a friend:

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ORGANIZATION FOR  
AUTISM RESEARCH

2111 Wilson Boulevard, Suite 401, Arlington, VA 22201  
[www.researchautism.org](http://www.researchautism.org)

Kit for Kids Peer Education Program  
Friendship Tip Sheet  
Grades 2-3