**Navigating Through Life: Having Friends and Romantic Relationships**

**Infographic Description**

This image description is for the infographic “Navigating Through Life: Having Friends and Romantic Relationships.” The infographic will give you information about how to form relationships with friends or romantic partners. The infographic has two parts. The first part is about making friends. The second part is about romantic relationships. Brittany designed the graphic. You can find her at <https://www.inkybrittany.com/>.

The background colors and text are in different shades of pink, white, and purple. The information is scattered across the page in no particular order. From the top, the text reads:

Relationships come easier when you have similar interests.

[A picture shows two guys sharing their interests with one another. One thought bubble has a sailboat in it. The other one has people watching football in it. One of the guys says “No way, bro” and another says “Me too.”]

Do more than connect on the internet.

[A picture shows two computers and a cell phone open to a messaging app. Another shows a man on his cell phone. He says “Wanna meet up at the park?”]

Make new friends at clubs, sports, church & your job.

[Some pictures show a man at a podium, women sitting at a round table, women singing in a choir, and three guys playing basketball.]

Push yourself! Put yourself out there! Take a leap of faith! That is how we find our limits. All relationships take effort, not just romantic relationships. Always be yourself. Try new things.

[A picture shows a man standing and a man in a wheelchair. The one in the wheelchair says “Would you ever want to get together outside of work?”]

It’s better to have a few close friends instead of a ton of fake ones on social media. Making new friends is great, but the old ones are what get us through hard times.

[A picture shows two sets of friends. One set of friends is new friends. A girl introduces two of her friends to each other. She says “Lucy, meet Lisa.” The other set of friends is old friends. One is comforting the other. She says “Everything is going to be ok.”]

As time goes on & things change, new friends & acquaintances will come into your life.

[A picture shows two women with the caption“\*BFFL\*.” Another picture shows two women talking. One says “Are you still besties with Sally?” The other woman says “Actually, we rarely see each other or keep in touch anymore.”]

Relationships change over time.

Part 2: Romantic Relationships in HIgh School

Some people will not be interested in dating at all. Some will be short. Some will be on & off. Others may last until college & beyond.

[A picture shows a boy and a girl holding hands with a heart drawn above them. A caption says “Dating.” Another picture shows a bouquet of roses.]

Special occasions are the perfect opportunity to ask someone out on a date.

[Picture shows a guy asking a girl out to prom. He’s giving her a flower. There are balloons, star-shaped confetti, and a banner with “PROM” written on it.]

Friends make good dates when you’re starting out. It can be hard to find a date if you are shy, unsure of your sexuality, or have a disability.

[There are three pictures. The first picture shows a boy and a girl standing together. The shy girl asks the guy “Hey, what’s your name?” The second shows a girl thinking about whether she is gay. The third shows a boy using a walker.]

Not everyone wants to date. It’s your choice. It’s okay if you don’t date in highschool or college.

Staying in touch and being safe: Always maintain personal safety, trust your gut, talk to people you trust. Text, call, email, use social media apps, or visit friends to stay in touch.

[The logos for social media apps are shown: Facebook, Pinterest, Snapchat, and Instagram. A picture shows a cell phone open to a messaging app. Text boxes give examples of text messages: “141 Pine Street is the address of the restaurant” and “Just letting you know I made it home safely.”]

Stay in touch with acquaintances, friends, and people who support you.

Honesty is always the best way to have a friendship or romantic relationship. If you need it, ask for help understanding the different roles people play in your life.

[A picture shows a boy sitting in a chair and a girl sitting in a wheelchair at a table. The table has a vase of flowers on it. The boy says “I just wanna make sure we’re on the same page about what’s happening between us.”]