

## FIRST DAY OF HIGH SCHOOL

My first day of high school was the worst day of my life.

I knew no one that I could go to.

I had spent the last year in a class with 10 kids. I had not had to make a new friend. We were all friends.

I don't think I have ever felt as lonely as I did that day.

I joined after-school activities to meet people, but I couldn't make any friends. I was one of those people that everybody says hello to, and even smiles to, all with them at lunch, but would never call on the phone, or go out with after school.

It was hard to make friends but high school became more fun than. My time at school was mostly a breeze.

After one year of high school, I was successful.

So I decided to make some decisions.

I decided to:

say hello to people I know.

Because I was always smiling and greeting the people I know, people thought I was friendly.

Take the first step.

All the girls there already knew each other - they didn't need another friend but I did, so I had to make the effort. I had to be the first one to invite somebody to work in my group, or play volleyball with me at lunch time. Once I did, they started to ask me to do things too.

Make friends slowly.