

WELCOME!



**TRUE**  
**FRIENDSHIPS**  
FRIENDSHIP IS FOR EVERYONE!

Healthy Friendships  
and YOU

**Values**  
*into action*



Special thanks to the Pennsylvania Developmental Disabilities Council for funding this project!



# True Friendships– Project Partners

- Temple University, Institute on Disabilities
- Disability Pride PA
- PA's Education for All Coalition, Inc. – PEAC
- Open Future Learning

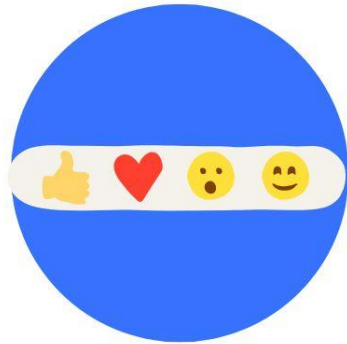
# True Friendships – Purpose

## **About True Friendships Project:**

True Friendships hopes to make it easier for people with disabilities to make and keep friendships. The True Friendships project is focused on creating opportunity and capacity for friendships for all.

# Let's Zoom!

## How to Use Zoom Features



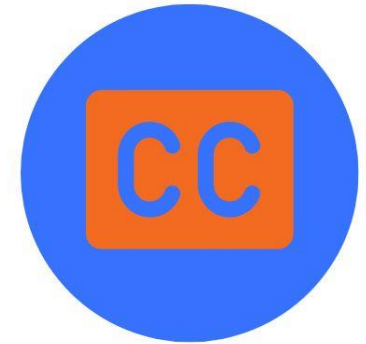
### Reactions

Like or agree with something that was said or on a slide? Leave a thumbs up or clapping emoji using Zoom Reactions on the bottom of your Zoom screen! Use the Raise Hand emoji if you want to speak! We want to hear from you!



### Chat

Feel free to add your thoughts, ideas, or questions to the chat throughout the module! We can help bring focus to the chat as needed! :)



### Closed Captions

You can enable Closed Captions by clicking "show captions" at the bottom of your Zoom screen.

# Introductions

**Values**  
*into action*



**Values**  
*into action*

**Our values underpin everything we do:**

**Adapting** with you to live your life, your way

**Respecting** you and your choices

**Dedicated** to you and your ambitions

**Kind** to you without exception

**Transforming** services with you

**Open minded** to you

**Accountable** to you and yours

# Learning Session Agenda

- Background and Introductions
- What is a healthy friendship?
- Boundaries
- Mistakes and Conflict Are Not Always Bad
- Letting Go of Unhealthy Friendships

# Why We are Here

- It's important to know what healthy friendships are.
- You don't have to have experience with friends to know what a healthy friendship can look like.
- Even though friendships can get complicated, it doesn't mean they're unhealthy.
- When a friendship is unhealthy, it's okay to let it go.



# What Makes a Friendship Healthy?

Building blocks of a healthy friendship:

- Respect
- Good communication
- Shared interests
- Feeling good with the person
- Supporting each other



# Chris and Lorna



**I have a friend named Lorna. Lorna went to Millersville University with me majoring in Integrated Studies.**

**We like to do things together. We took an Uber, then we went to the mall to have some food with some conversation with her. I invited my friends including her to the Sugar Bowl restaurant. I also text her. We also went to the Galley dining hall in college. We like to talk about how classes are doing including her major, social justice.**

**I like many things about Lorna. She likes her social justice major. I minor in social justice as well. She cares about people doing the right things. She is very comfortable with them. I really like that about her.**

# Chris and Timmy



**I have a friend Timmy. We respect each other. I go see him while he is performing. I invited Timmy to go to Camp Pals with me a whole week, so he came. We like to have matching shirts in Hershey Park every summer. Timmy wanted to go see the animals at the Farm Show Complex, so I agreed.**

**I know Timmy respects me, because he shows me he respects me. I like hearing my friends singing songs on Instagram. I asked him to do it with me. He was tired after a long day, but we made it work when we got back home. He recorded both of us singing then showed me how to post it on Instagram. Timmy made me feel very happy.**

**I also show Timmy that I respect him. We have different spiritual beliefs. I go to his church every once in a while. I am friendly to them. I am thinking about maybe if I believe what they teach there too.**



# Chris and Hayley



**My friends show me they support me in many ways. My friend Hayley from Millersville tells me how she appreciates me as a friend. She includes me in activities she is doing.**

**I also do things to show Hayley I support her. I went to my friend Hayley's PATH. PATH is a group planning tool to reach your major goals. I joined the group in suggesting ideas for her to reach her goals. I attended her graduation celebration. I invited her to the Sugar Bowl restaurant to celebrate. I encourage her when she feels sad about leaving Millersville University.**

# Tell us!



**Tell Us!** What does a healthy friendship mean to you?

# Open Future Video: Boundaries are Important for Everyone



## Key Points:

- Everyone should be allowed to set their own boundaries.
- Boundaries can help you decide what is safe and how to deal with unsafe moments before they happen.

**Tell Us!** Why are boundaries important to you?

# What are Boundaries?

## Boundaries are:

- Limits we set to protect our comfort, safety, and well-being.
- They show what is okay and not okay in our relationships.
- Boundaries help make sure we respect and understand each other.



**YOU** get to decide what your boundaries are!

# Deciding What Your Boundaries Are

- Think about what makes you feel comfortable and safe.
- Identify what situations and behaviors you like or don't like.
- Use tools like Charting the LifeCourse to help you remember what your boundaries are.

The worksheet is titled "LIFE TRAJECTORY | SUPPORTED DECISION-MAKING" and is divided into four main sections:

- Past Life Experiences:** Contains four questions: "What helps me UNDERSTAND the issues and my options?", "What has helped me COMMUNICATE my preferences, choices, and decisions?", "What has helped me FOLLOW THROUGH on my choices and decisions?", and "What were past barriers that made it hard for me to understand, communicate, or follow through with my choices and decisions?".
- Moving Forward:** Contains four questions: "What do I need now to help me UNDERSTAND the issues and my options?", "What do I need now to help me COMMUNICATE my preferences, choices, and decisions?", "What do I need to help me FOLLOW THROUGH on my choices and decisions?", and "What needs to happen to avoid barriers that made it hard for me to understand, communicate, or follow through with my choices and decisions?".
- Vision for What I Want:** Contains two prompts: "What decisions and choices do I want to make myself or with help from my supporters?" and "My vision for a good life".
- What I Don't Want:** Contains two prompts: "What decisions and choices do I NOT want someone else making for me or without my input or approval?" and "Not a good life".

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# Mistakes and Conflict Aren't Always Bad

## Mistakes and Conflict are Natural

- Everyone makes mistakes, and that's okay.
- Talking about problems helps friendships grow.
- Learning from mistakes makes friendships strong



# What to Do When Mistakes Happen

## When you make a mistake...

- Take responsibility and apologize.
- Ask your friend how you can make it right.
- Learn from the experience and try not to repeat the mistake.

## When someone else makes a mistake...

- Tell your friend how their actions affected you.
- Give them a chance to apologize and make it right.
- Decide if you can forgive them and move forward together.

**Remember, it's okay for both of you to take time to process.**

**Tell Us!** How do you deal with mistakes when they happen?

# Letting Go of Unhealthy Friendships

**Recognize when a friendship is unhealthy. You might feel:**

- Unhappy
- Disrespected
- Unsafe

**If you have to break up with a friend...**

- Be honest, kind, and clear about why the friendship is ending.
- Give yourself time to process your feelings.

**Remember:** Ending one friendship doesn't mean you will never have a friend again.



# Questions?

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# Upcoming Events



## **Technical Assistance Sessions**

For self-advocates / family members:

Wednesday, September 11th,

6:00pm – 7:00 pm

For professionals:

Thursday, September 26th,

10:00 am – 11:00 am

## **Next Learning Sessions:**

Topic: Sustaining Friendships

Coming November 2024

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# Thank you!



## True Friendships Contacts

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Thank You!

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