



HARRISON RIEDEL
FOUNDATION



FACING THE FEAR: WHY MEETING NEW PEOPLE IS HARD (AND THIS IS TOTALLY NORMAL)

Meeting new people is often a mix of excitement and dread. It's an experience that can leave even the most outgoing person feeling a little anxious.

WHY IT FEELS HARD

It's normal to feel nervous when meeting new people. Our brains are cautious in new situations. Here are a few reasons it can feel challenging:

- Fear of rejection or awkwardness.
- Worrying what other people are thinking of you.
- Not knowing what to say.

TIPS

While the nerves might not disappear completely, taking small proactive steps can make meeting people easier:

- Start small: smile, say hello.
- Ask open questions ("What do you like doing outside school?").
- Listen more than you talk at first.
- Check in with someone in YourCrew if you're feeling nervous.

BUILDING RESILIENCE

Building resilience can make meeting new people feel less stressful and more manageable. Here are three key habits to practice:

- Remind yourself everyone feels nervous.
- Not every friendship will be the right fit – and that's OK.
- Build connections one at a time, and stay in touch with people you trust in YourCrew.

WHAT TO SAY

The hardest part is often just saying that first word. These starters are easy ways to break the ice:

- "What's your favourite subject?"
- "I'm new here — what's something fun people do at lunch?"

Asking for help:

- "I'd like to join in — is it okay if I sit here?"
- "Can you tell me how this works? I'm still figuring it out."



Remember: Stay Connected with YourCrew

If meeting new people feels hard, you don't have to handle it alone. Checking in on YourCrew can be a simple way to let someone in your Crew know how you're feeling and stay connected with people who support you.