

CARE FOR YOUR

SOCIAL LIFE

LOOK *up*[®]



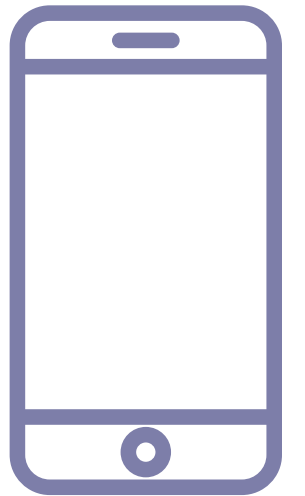
BRANCH OUT

Get to know people who have other interests. Expand your circle to include different races, ethnicities and backgrounds.



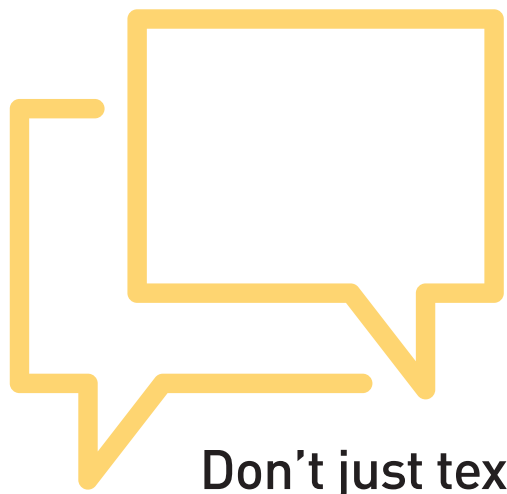
PUT THE PHONE DOWN

When you're with someone, don't be glued to your screen. It makes them feel like they're less important than what's happening on your phone.



GET TOGETHER IN PERSON

Don't just text, video chat or talk on social media. Hang out face-to-face. It's more fun and minimizes misunderstandings.



ANALYZE YOUR FRIENDSHIPS

If someone belittles you, makes you feel bad about yourself or doesn't encourage you in positive ways, then they're not true friends.

