

How can I use AuSM's friendship card?

This card is to help me make new connections with people.

This card is not something that I give out to every one that I meet; nor is this a business card. This is a tool to use when making new connections and friends.

I can fill out my information, including my name and my preferred method of contact, whether that is my phone number, e-mail, and/or my social media handles.

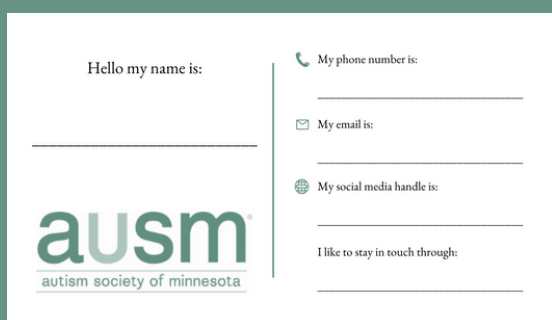
If I am getting to know someone new and they ask for things like my social security number, address, income, finances, and/or credit card information, I should know that this is inappropriate. I should not share this information.

When I meet someone that I would like to get to know further, I can give them this card so that they can choose whether or not they would like to contact me. This makes things feel less awkward than asking someone for their number, especially if they are not comfortable giving out that information. They may choose to reach out to me, but that is up to them.

The person I give this card to gets to decide whether they would like to contact me and get to know me further. If that person does not contact me, that is ok. It does not mean that I am bad or not interesting. I can be kind to myself. If I run into them again, I can check in once or twice to see if they would like to contact me, but after that I should not keep asking.

As I am getting to know this new person it is good to set healthy boundaries and keep myself safe.

- Always meet and stay in public for at least the first 3 times I meet in person. Don't invite someone to my home until I know that person better and feel safe with them.
- Tell my friends and family members of my plans and make sure to keep my phone appropriately charged.



Front of the AuSM friendship card form. It includes a name field, a phone number field with a phone icon, an email field with an envelope icon, a social media handle field with a globe icon, and a field for preferred contact method. The AuSM logo (autism society of minnesota) is in the bottom left corner.

Hello my name is: _____

My phone number is: _____

My email is: _____

My social media handle is: _____

I like to stay in touch through: _____

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