KY SPIN Tuesday Tips: Social Strategies and Friendship Building

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What is friendship?

According to the philosopher Aristotle there are 3 types of friendship:

Pleasure Based-you stay friends as long as you are having a good time with a person

Utility Based-you stay friends because it is convenient to do so

Virtue Based-out of reach for most of us, but the very best kind of friendship pursuing virtue daily together

https://www.psychologytoday.com/us/blog/the-love-wisdom/201703/what-is-friendship

> Friendship requires that rare mean betwixt likeness and unlikeness, that piques each with the presence of power and of consent in the other party. Let me be alone to the end of the world, rather than that my friend should overstep, by a word or a look, his real sympathy. I am equally balked by antagonism and by compliance. Let him not cease an instant to be himself. … The condition which high friendship demands is ability to do without it. That high office requires great and sublime parts. There must be very two, before there can be very one. Let it be an alliance of two large, formidable natures, mutually beheld, mutually feared, before yet they recognize the deep identity which beneath these disparities unites them.-Ralph Waldo Emerson

How do you define friendship?

Add your thoughts to the chat box

How do persons with disability experience friendship?

School--

Clubs, Peer Tutors/Peer Mentors

Post-school--

Doctors, Paid staff, Special Olympics, Work Colleagues

How to we shift from paid staff to authentic relationships?

via TV Land on GIPHY

What prevents us from "stepping back"?
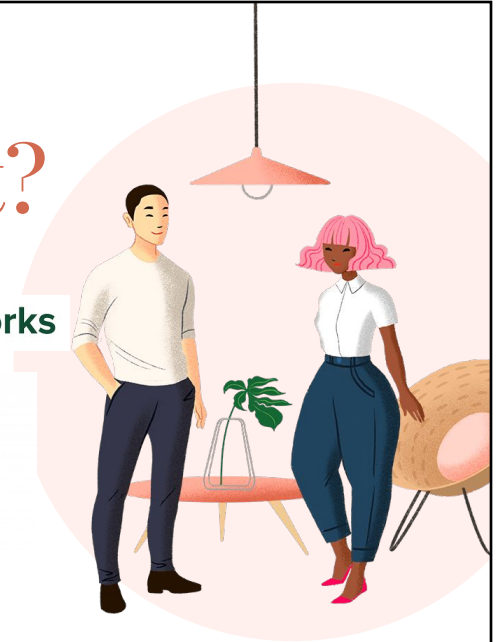
But what does this really look like?

Where do we start?

Special Olympics Kentucky

KentuckyWorks

KENTUCKY PEER BUDDIES
EDUCATION **CENTER**

KENTUCKY
peersupportnetwork

Thanks!

Any questions?

You can find me at:

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That was fun, let's do it again sometime ☺

Additional Resources

https://iod.unh.edu/cie/friendship-and-social-relationships

https://medium.com/@enceladosaurus/10-ways-to-be-a-better-friend-to-disabled-folks-e94e57a43898

https://www.recreationtherapy.com/articles/lutfiyya.htm

Credits

Special thanks to all the people who made and released these awesome resources for free:

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