

Write On! Hi, My Name Is...

Getting to Know Someone New

It can be difficult to talk to a new person. It can be *really* hard to talk to someone you might be interested in dating. A million thoughts run through your mind: What should I say? How do I look? Will he/she like me? Should I ask him/her on a date? It can be very stressful. Sometimes you don't know what to say or how to act. If you get frustrated, you may just walk away.

It is important to be **appropriate** when meeting a new person. You don't want to say things that are rude. You don't want to talk about things that would **offend** the other person. In addition, you don't want to do things that would also make the other person nervous or afraid. There are two important things to think about when meeting a new person.

- How to act
- What to talk about

In this lesson, you will learn about what to do and what to say to a person you are interested in knowing better.

Body Language: Do This...

When you want to meet someone, it is important to always be polite. That includes using appropriate body language. Body language is what is going on when your mouth isn't moving. It is the way you dress. It is the way you look at someone. It is the way you hold your hands. It is the way you stand. Body language tells a lot about you. It can be more important than words. For example, if someone keeps looking down at the floor, this tells you that there may be something on the floor or it may tell you that the person is shy. If they cannot look you in the eye or if they wring their hands or if they rock back and forth on their feet, these are other body language clues that they may be shy. These can be signs of nervousness. This may be what you do when meeting a new person.



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This behavior is not bad; it's just distracting. When you meet a new person there are certain things you want to do. Look at the following list. It isn't a very big list, but these three things can make a difference.

- Maintain eye contact.
- Try to look relaxed—put your hands in your pockets or at your sides.
- Smile, smile, smile.

These actions help you appear calm and confident. Is this how you would like to appear to someone else?

Make a list of other body language you could use to make someone else comfortable or to let them know you are a nice person.



- Keep a comfortable distance from the other person (at least 1 foot).
- Talk slowly.

- _____
- _____
- _____

Not This...

Some body language, however, can be bad. The following is a list of things you would **NOT** want to do. Actions like this can make people uncomfortable or afraid.

- Wear clothes that might be too revealing
- Stare at someone for a long time
- Stand too close to someone
- Follow someone around
- Bother someone who has asked to be left alone
- Make rude hand gestures



If you avoid these types of actions and always remember to be polite, your body language will be correct.

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What to Wear

Have you ever had to dress-up for a special occasion? How did it make you feel? Most people like to wear clean, nice clothes. They like to wear things that make them look good. These are the types of clothes you will want to wear when you are meeting



someone. For example, if you are going on a job interview, there are certain types of clothes you might wear. You may wear a suit and tie or a pair of clean pants and shirt. If you are female, you might want to wear a dress. What you wear will depend on where you are going to meet this person. If you are at a party, you may want to wear special party clothes. If you are at the beach, you may want to wear a swim suit. If you are in the store, maybe you will be wearing jeans and a shirt. It doesn't matter what you wear as long as it is clean and **appropriate**. Like body language, clothes can tell others what kind of a person **you** are. Before meeting someone new, be sure that your clothes are sending the right message.

Talking to a New Person

Talking to someone you don't know can be hard. There are ways to make it easier. We can break it down into steps. There is a right way to talk to someone and a wrong way. You never want to talk about things that would make the person feel uncomfortable or frightened. These topics would include anything violent or sexual. You should always keep your topics light, but informative. Talk about subjects that you could talk to your **friend's mother** about such as animals, sports, or the weather. Talk about subjects you know well, but also tell something about you.



Check it Out!

Painting Pictures with Words in the [Reading on the Move](#) lesson series can also help you create your list in an interesting way.

Find it on the Internet at

www.migrant.net/migrant/publications/index.htm

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Step One

Create a list of things that *you* are an expert at. What can you easily talk about? Start by making a list of five things that you are interested in. Write down why those activities are interesting to you. Write down how they make you feel.

Example: I like to ride horses. I like the way the horse and the leather smell. I feel free when I ride. I like to ride through the woods.

- 1. _____

- 2. _____

- 3. _____

- 4. _____

- 5. _____

Well done! Now you have a list of subjects that you can always fall back on if the conversation gets slow.



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Step Two

Another thing you can do to make this easier is to find out what she/he is interested in. Do you have friends in common? Could you ask a friend about her/him? If you don't have friends in common, what do you know about her/him? Do you see this person at a convenience store? Then maybe you could talk about what you or the other person is buying. Make a list of things you already know about the person you would like to talk to. If you don't know anything about the person's interests, learn about them.

Remember:
If you don't know about these topics, learn about them.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Meeting a New Person

Now you've done your homework. You know how to dress. You know how to act. You know what to talk about. If you haven't already met this person, find someone to introduce the two of you. If there isn't anyone, it is up to you to walk up and say, "Hello."

Remember, it is important to have the right body language. Body language can speak louder than words. This means that your body language can tell the other person if you are happy, nervous, or sad. When you introduce yourself for the first time, you want to look relaxed and confident, even if you don't feel that way. To look relaxed and confident you need to maintain eye contact. Don't fidget with your hands. If you like to wring your hands, you may want to keep them in your pockets. Take

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several deep breaths. Practice what you are going to say. You don't want to stumble over your words. Remember to smile! A smile is very important. To get you started, take a few minutes and write your opening lines. Write a couple of different choices.



Your Turn

Write a response to these scenes. What would you do?

1. Pretend you want to meet someone who always goes to the same pizza shop you do.

2. Pretend that you want to meet a person who is the cousin of your best friend and the two of you are at a party.

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What Happens Now?

There is the chance that the person won't respond. She or he may make a rude remark or just turn and leave without saying a word. If that is the case, this person wasn't interested in making a connection with you, but maybe the next one will be.

If the person answers, congratulations! Now be prepared to take the conversation further. People like others who can make them laugh. People like to get **compliments**. People like to talk about themselves and their likes and dislikes. With this in mind, make a list of questions you could ask or topics you could talk about.

Examples:

- Talk about a popular TV comedy show.
- Ask what her/his favorite sport or color or food is.
- Compliment him or her on the clothes they are wearing or the style of hair or a talent they have.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Armed with these helpful hints, you are sure to find success. Remember to practice, practice, practice. Don't give up!

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Hi, My Name is...Checklist

- I have at least three subjects I can talk about easily.
- I know about proper body language.
- I have a list of three things that I know the other person is interested in.

Writing Traits Scored in this Lesson

	Great Job 5 points	Almost There 3 points	Keep Working 1 point
Ideas	<ul style="list-style-type: none"> • The message is clear. • It is interesting to read. • There is enough information. 	<ul style="list-style-type: none"> • The message is clear. • Some parts are interesting to read. • More information is needed. 	<ul style="list-style-type: none"> • The message is not clear. • There is no solid information.
Word Choice	<ul style="list-style-type: none"> • There is a variety of colorful and descriptive words. • Words are not repeated too often. 	<ul style="list-style-type: none"> • Some colorful and descriptive words are used. • Some words are repeated too often. 	<ul style="list-style-type: none"> • Colorful and descriptive words are lacking. • Sometimes wrong words are used. • Several words are repeated too often.

Words to Know

appropriate: correct for a certain situation

offend: to hurt someone's feelings

compliment: a positive remark about someone's appearance or talents

