

NICER

CONNECTING
WITH PEERS
AND ADULTS

Notice those around you.
[Put away distractions and engage with others.]

Initiate a potential conversation.
[Ask a question. Give a compliment. Offer help. Say hello.]

Connect and find common ground.
[Discover similarities in interests and experiences.]

EARS Active Listening.
[Use your listening skills to really hear and relate.]

Reconnect next time you see them.
[Say hello. Ask follow-up questions. Message and respond in a timely manner.]