



I GET BY WITH A LOT OF  
HELP FROM MY FRIENDS

---

*A Caregiver's "Afternoon In"*

# Introductions

**Holly**



**Melissa**



**Paula**



# BASICS (FRIENDS 101)

❖ Who

❖ What

❖ When

❖ Where

❖ WHY

TELL US





# THE FRAGILE X JOURNEY

---

❖ OUR PEOPLE – A club you never thought you'd join

❖ The FX Cycle – Peaks and Valleys, and then all over again!

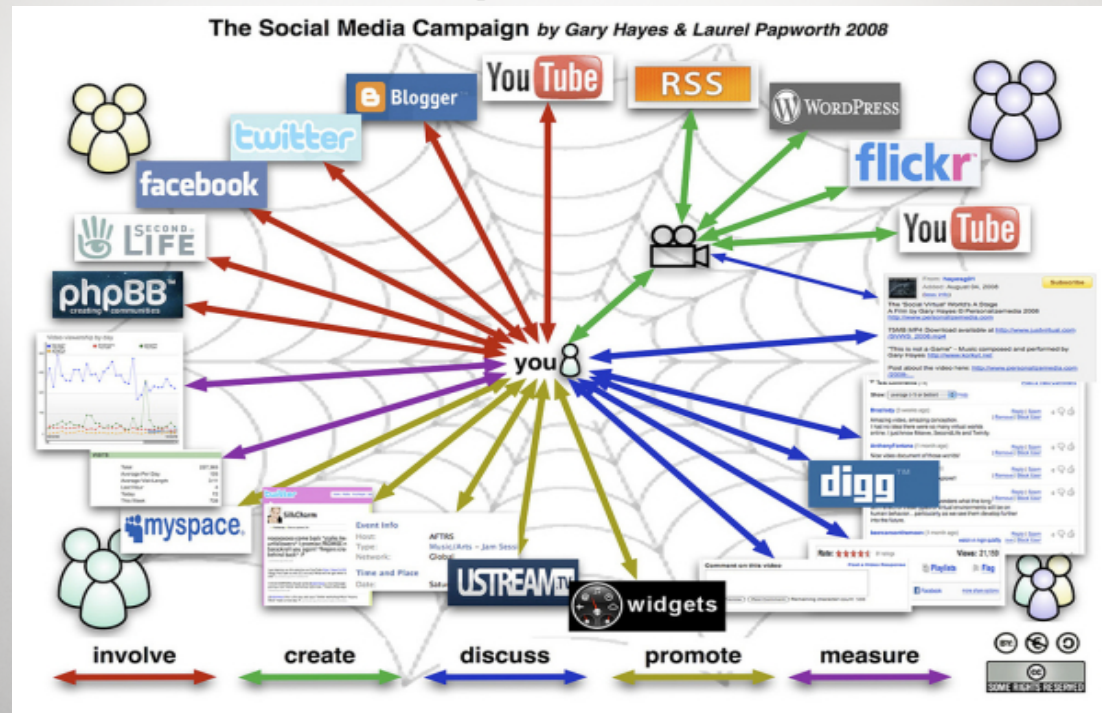


# FROM THE INTERNET TO THE REAL WORLD

---

- ❖ Differences between “meeting” someone online versus meeting someone in “real life”
  
- ❖ Navigating through social media when making friends

# FRIENDS ONLINE...NOW WHAT?





BUT WE'RE ALL THE SAME,  
AREN'T WE?

---

❖ Similarities

- Fragile X Journey

❖ Differences

- Social
- Cultural
- Economic
- Religious





# RESPECT

---

❖ Attitude

- Treat others as you would want to be treated

❖ Tone

- Words online can take on different meanings



## *IT'S OK.....*

---

❖ Not EVERYONE you meet while you're on your Fragile X journey, online and in person will be your friend.

- What if YOU don't like the other person?
- What if the OTHER person doesn't like you?

❖ Forward Together.....