



## **Anik on the Importance of Having Friends and Keeping Them**

### **Transcript**

*(English subtitles)*

**Anik:** The goal of having friends is very important to me, even very, very important. Friends are present to listen to you, to help when you have arguments, and when you have problems at least there is a friend to listen and to make you feel better. The qualities of a friend are respect, kindness... Yes, I like that--to have friends who respect me as I am--because I'm not different from others because I have a handicap. And I do have friends who respect me. I like that a lot, a lot. They aren't here to judge us. To keep friends, we don't tell them lies. We don't tease them. For me, to please a friend is like a big gift that I have to offer. To please one of my friends touches me deeply. And it makes my day, in the end.

**Mimi:** Me, I like to have fun ... bowling on Thursday.

**Anik:** I like to chat with my friends because I don't see them, and I want news from them. It's the only way to get news. We make friends by mixing with others, by speaking to them. This is the way to make friends. If we stay alone in our corner, and we don't speak, it's a little bit harder to make friends then.

I hope that you will make friends. Because for the person that you choose to be friend with, it's not their difficulty--even if the person is in wheelchair or if she has a physical or intellectual disability--it's not their disabilities. It's what is in the heart. That is it [what matters]!

