A friend is someone you know well, enjoy spending time with and choose to have as part of your life.

For a relationship to be a friendship, both people must think of each other as friends.

Friends are not related to us like family, but can provide support and help like families do.

Some people have many friends, while others only have a few.

There are different kinds of friendships, usually depending on how long you’ve known the person or how you know them. Some examples are best friends, family friends, childhood friends or work friends.

While friends sometimes hug each other or shake hands, most friendships don’t involve a lot of physical contact.

This campaign promotes the idea of body autonomy for individuals with disabilities. ASERT has partnered with researchers at the National Crime Victims Research and Treatment Center at the Medical University of South Carolina to develop resources for the Be Safe campaign.