

# Happy Minds

*Positive friendships are key to a happy life; but when they go wrong, they can cause much upset.*

**Friends change throughout our lives and this is totally normal.** However, when we are younger, we don't always see this as we do not have the life experience. There are no prizes for having the most friends; as people grow older (and wiser) they usually realise that one or two good friends are all you need.

## *Top tips for making friends:*

- Be YOU! Be KIND! Do not be overly loud, boisterous, silly or even naughty to get yourself noticed. **Always be kind to everyone.**
- DO chat to new people. Ask them their name, which primary school they came from, do they have any pets/siblings? What activities/hobbies do they enjoy?
- Go to extra-curricular activities in school as these will help you meet people who like the same interests as you.
- Smile and be friendly to everyone. Listen to and show an interest in others. Ask them how they are, how they are finding school, what their favourite subjects are.
- Give it TIME! Making good, real friendships takes a long time.
- You can disagree with a friend and still be friends. In fact, it is often through these differences in opinion that we get to understand and know our friends better, strengthening the bond.

# Making friends

## *What can parents do?*

- Ask about the different students your daughter is sat next to in each class. What are they called? What do they enjoy doing?
- Encourage your daughter to take part in the extra-curricular activities you know she will enjoy.
- Arrange for your daughter to meet up with new friends in a safe environment outside of school and keep in touch with friends from Primary School / her local area too.
- Help your daughter to understand that sometimes all friendships go through difficult patches; all of us can say/do the wrong thing at the wrong time and it is important that we all accept this and have the ability to forgive, forget and move forward.

## *Helpful Books/Useful Websites:*

'The Teenage Guide to Friends' by Nicola Morgan

'The Friendship Maze' by Tanith Carey

<https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1>

<https://www.bbc.co.uk/bitesize/articles/z6mj47h>

<https://www.bbc.co.uk/bitesize/articles/z7yrhbk>

<https://www.bbc.co.uk/bitesize/articles/znhf7nb>

<https://www.youngminds.org.uk/professional/resources/supporting-school-transitions>

