HAPPY MINDS

MAKING FRIENDS

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.

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

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

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

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