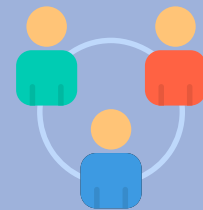


# SUPPORTING YOUR CHILD WITH HEALTHY PEER RELATIONSHIPS



Healthy friendships support positive mental health and well-being. Feeling included within a friendship group and having a sense of belonging can be important for a young person, they should think about what qualities within a friendship are important to them and how they want to be treated within their friendships.

## WHAT IS A HEALTHY FRIENDSHIP?

**Forgiveness**

**Boundaries**

**Honesty**

**Trust**

**Listening**

**Support**

**Compromise**

**Apologising**



COMPASS BE

**Respect**

Friends can often be a good source of mental health support for young people, giving practical advice, providing distractions and having fun. Sometimes, friendships can also become unhealthy quite quickly which can have a negative effect on a young persons well-being. It's important young people know how and where they can get support when this happens.

## WHAT IS A UNHEALTHY FRIENDSHIP?

**Not feeling supported**

**Rumours**

**Jealousy**

**Arguing frequently**

**Feeling left out**

**Controlling**







**Can't be yourself**

**Peer pressure**

**Bullying/  
Cyberbullying**



# TOP TIPS FOR PARENTS/CARERS

-  **Positive relationships start with ourselves! Encourage your child to value themselves as an individual, recognising unique qualities and talents they have.**
-  **When helping to navigate friendships, it's important your child knows that we can't control other people, what they do or what they say. But we can control how we would like to be treated!**
-  **Open conversation - Let your child know the door is always open to talk friendships when they are ready! Encourage feelings sharing, listen, no-judgement and empathize. Friendship issues can often feel like the end of the world in that moment!**
-  **Get to know your child's friends and who they spend time with.**
-  **Being a good role model is important too! Modelling positive friendships will help your child understand healthy friendships more.**
-  **Arrange opportunities for your child to socialise in safe environments, it may be a hobby, interest, youth club, community project. This will allow them to build confidence and make new positive relationships.**

**For further advice and support on supporting your child's friendships please visit the webpages below..**

**childline**



**NSPCC**

**YOUNGMINDS**