

Friendships are important to us as they provide us with a sense of acceptance, comfort, companionship and are important in shaping our identity outside of our family. For young people, a good set of friends is often linked with:

- Higher self esteem
- Better emotional wellbeing
- Higher levels of confidence

What do you value about your friends?

Useful resources

Friendships: Just the facts - <https://www.healthforteens.co.uk/relationships/friendships/friendship-just-the-facts/>

Spending time with friends - <https://www.annafreud.org/on-my-mind/self-care/spending-time-with-friends/>

Different friends can provide us with different types of support. These can include:

- *Emotional* - friends who know what's going on in your life and are there to listen to your feelings
- *Practical* - someone who knows your routine and is good at keeping you on track with things you need to get done
- *Motivational* - friends who encourage you to achieve your goals, celebrate your wins and keep you going when things don't go to plan
- *Companionship* - friends who you don't necessarily talk to about your difficulties with, but is good for laughs and taking your mind off things

Can you think of at least one friend who provides you with each type of support?

What kinds of support are you good at providing your friends with?



Friendships are not always smooth sailing, sometimes people fall out and have to make the effort to re-build their relationship. Here are some things to think about to help make that journey seem more manageable:

1. What went wrong?
2. Why did it go wrong?
3. How could the situation have been approached differently?
4. How am I feeling?
5. How might my friend be feeling?

Taking time to reflect on the situation can help to give a clearer understanding of the situation and how it's made you feel. This can also help to inform how you may approach your friend to reconcile.



Making the first move to make up with a friend after a falling out can be scary. Here are some tips to make it more manageable:

- Self-care – doing something relaxing first can help calm your nerves. This can be exercising, having a bath, listening to music or anything else you enjoy doing
- Get a second opinion – speaking to a trusted adult might help to provide an objective view of the situation
- How would you like your friend to approach the situation? – thinking about how you would like someone else to speak to you can help you to be mindful of other people's feelings
- Write it down – this can help you to think about how you want to start off the conversation and the things you would like to say

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