

SUPPORTING DIFFICULT FRIENDSHIPS



Having healthy friendships can be a great support network for young people, but if a friendships starts to become difficult and regular conflict becomes an issue this can have a huge impact on a young persons mental health & wellbeing. It can often affect a young persons appetite, sleep routine, concentration at school or even relationships at home.



Having disagreements or arguments with friends can happen from time to time, it can also take time for a friendship to recover if there has been conflict. We all have our own boundaries in our friendships, it's important to know what we like/don't like, what's ok with us and what's not ok with us and ensure we communicate these boundaries to our friends along with trying to communicate our feelings!

When conflict happens within peer groups, it's important young people try to figure out what has happened that has upset them and how this has made them feel. Once they know this, they can communicate this and begin to resolve the conflict by communicating with their peers.



If you are experiencing unhealthy peer relationships, try talking to an adult you trust at home or at school. If that is difficult for you, you can visit the websites below for further help and support.

Feeling low?
Anxious?
Struggling to cope?

Text SHOUT to 85258 for free, confidential support, 24/7

childline
ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Text **YM to 85258** for free mental health crisis support, any time of the day.



kooth
Kooth is a free online service offering emotional and mental health support for children and young people
www.kooth.com



FOR MORE INFORMATION PLEASE VISIT
COMPASS-UK.ORG



@compassbemhst

01904 666371

WHAT CAN HAPPEN WHEN WE FALL OUT WITH FRIENDS?

Feel alone, worry about having a friend
Worry about coming in to school
Can disrupt sleep or loose appetite
Arguments with people at home
Struggle to concentrate in school
Make wrong choices in school
Have a negative affect on our wellbeing



WHAT CAN I DO TO MANAGE DIFFICULT FRIENDSHIPS?



Talk to someone you trust about it, getting another perspective who is not involved in the conflict can help.

Take some time, it's sometimes better to think before reacting to something so you can decide what to do or say.

Try to put yourself in your friends shoes, how might they be feeling? Are they going through something you don't know about?

Do you need to apologise? Or would like an apology? Try share how you feel and what's upset you to begin the process of resolving the issue.

HOW TO HELP YOUR CHILD WITH FRIENDSHIP ISSUES

Try to listen before stepping in and giving advice, it's natural to have strong feelings when your child falls out with a friend. Make sure you have the whole story before offering advice and support.

Reassure them that it's normal to fall out with friends sometimes. Let them know your door is always open if they need to talk about their peer issues. Talk to them about good friendship qualities and explore what a good friend means to them.

Discuss problem solving with your child, teach them safe, appropriate ways to deal with conflict and make sure they know who is there to support them both at home and school.

