



## DEVELOPING HEALTHY FRIENDSHIPS

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Friendships can be supportive and affirmative and give children a sense of belonging. Being with good friends can bring out the best in children, allowing them to experience trust and intimacy outside the family.

Friendships can also be troublesome. Some children find it hard to make or keep friends. Most children experience some difficulties with friendships. Exclusions, name-calling, tale-telling and aggressive behaviours are upsetting for children and their parents.

This workshop covers the following topics:



### UNDERSTANDING FRIENDSHIP GROUPS & DYNAMICS

We examine how different friendship groups for boys and girls work. We explore how to encourage and nurture the positive behaviours and skills' needed to make and be a 'good' friend.



### DEVELOPING & PRACTISING SOCIAL SKILLS

We share practical ways to help children develop essential social skills such as conversing, playing, negotiating, turn-taking and compromise. We also look at ways parents can nurture the development of healthy friendships.



### RESPONDING TO FRIENDSHIP UPSETS & BULLYING

We discuss how parents can support children through the various challenges of friendships. We teach ways to build children's self-esteem so it's less likely they will be targeted, and ways that children can respond to teasing to reduce the chances of it recurring or escalating. We also promote ways to help children become 'active bystanders' to make teasing and bullying unacceptable at home or school.