

FRIENDSHIP- HOW DO YOU TEACH YOUR CHILD TO HAVE GOOD FRIENDS?

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What is Friendship?

- Friendship is two or more people who enjoy each other's company.
- They trust, understand, respect and appreciate each other.
- They look forward to being together.
- They give to each other, maybe not in the same way, but what is given and received is of great value to each

A GOOD FRIEND
is someone who...



A GOOD FRIEND
is someone like you!



Friend: (frend) *n.*

1. a person attached to another by feelings of affection or personal regard. 2. a person who gives assistance; supporter; faithful companion; keeper of secrets. 3. someone with whom you can laugh or cry, share your hopes and dreams. 4. someone who knows all about you and loves you anyway.

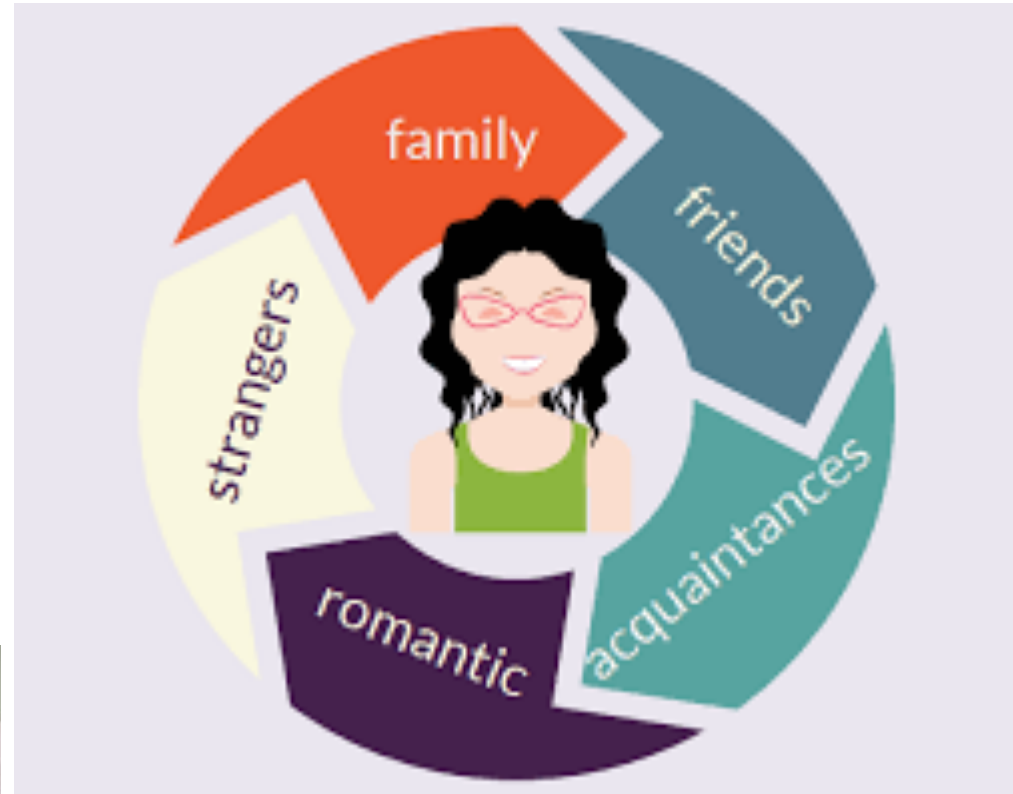


Why is friendship important?

- Good friendships can positively impact a person's health and well-being. Beneficial outcomes include improved physical and mental health, enhanced quality of life, and greater community connections.
- Without friendship, people may be more likely to experience negative effects of loneliness such as depression, impaired immune functioning, and harmful levels of stress.
- Actively maintaining social ties to the community can lead to enhanced job opportunities, expanded networks, community protection, and social skill development.

*Life is
better
with
friends*

Also friendship is the base of all relationships



So we know friendship is important, but.....

- Does your child know what makes a person a friend?
- Does your child know that friendly isn't friendship?
- Does your child understand that there are different kinds or levels of friends?
- Does your child know what actions and behavior are appropriate around different types of friends?
- Does your child have trouble making friends?
- Does your child know what to do if a person acts like a friend- but actually isn't?

Start with identifying what a friend is:

- You often share something in common.
- They're people you can trust.
- They're people you feel comfortable being with.
- They're people you know and spend time with.
- Requires mutual agreement; **both people have to agree to be friends with each other.**



Know that friendly is not a friendship!

- Friendship is a relationship....
- Friendly is a way of acting....



What do you do to move from friendly to friendship?

- Some will need to learn about different kinds of friendships
- Some will need friendship skills taught to them
- Learning friendship skills will teach them how to build healthy relationships and set personal boundaries.



Let's start with levels of friendships

- **Friendly Greeting:** Someone you're friendly to but really don't know, don't talk to, and don't hang out with at all.



- **Acquaintance:** You have had some small discussions with these people usually because you worked with them in a classroom group or they're friends of a friend so you happened to hang out with them for a short while.



- **Possible Friendship:** This is when you start to seek out people to talk to them.

Levels of friendships

- **Evolving Friendship:** This is when you start showing that you would like to spend more time with them by consistently hanging out with them and making plans to do things with them. Importance in this level is that the person chooses to be their friend as well.



- **Bonded Friendship:** This is when people are there for each other. They look out for each other, spend lots of time together and share more about your life and feelings. In this friendship level you may have one very close friend that you open up more with and spend more time together.

Now let's look at learning friendship skills.....

- Teaching Tips:
 - Remember to use the same teaching strategies that you have used to teach your children other skills.
 - Some of these strategies may include
 - Living out Loud
 - Role playing
 - Stories to predict what might occur
 - Code words
 - Videos
 - Scripting

"True friendship is a plant of slow growth..." —
George Washington

Teaching friendship skills:

- Identify and talk about what qualities good friends have
 - Honest, kind, loyal, trustworthy, considerate, reliable, understanding
 - Point out friendship qualities in action



Friendship is a two-way street.

QUALITIES OF GOOD FRIENDS

GOOD FRIENDS...



HOW TO BE A GOOD FRIEND



Teaching friendship skills

- How to communicate with friends
 - How to tell that they want to be friends with you
 - How to have give and take conversations with appropriate topics
 - How to ask them to join you in an activity

Ways to Make a New Friend

- Smile
- Ask how they are doing
- Find something you both like to do
- Hang out together
- Be nice to them
- Be friendly
- Find things you have in common
- Ask questions and tell about yourself



Actions to take to encourage friendships

- Be the Inviter.
- Plan Fun Activities.
- Engage in Random Acts of Kindness.
- Arrange Regular Outings.
- Show Gratitude.



Making Friends

How To Get Started

- ☐  Learn a joke
- ☐  Practice introductions and asking questions
- ☐  Look for clues: if they have a dinosaur backpack, ask if they like dinosaurs
- ☐  Smile
- ☐  Write a list of simple games you can suggest
- ☐  Practice talking to kids at the park
- ☐  Ask extended family about how they made friends
- ☐  Read books about making friends
- ☐  Nervous? Play 'what if' to think of worst case scenarios and how you would handle them
- ☐  Take turns inviting friends to do things together

Where To Meet Them

- ☐  Team sports
- ☐  Individual sports (karate, running, swimming)
- ☐  Classes (art, music, chess, robotics)
- ☐  Youth groups (scouts, 4-H, church)
- ☐  Story time or book clubs at library or book store
- ☐  Park, playground, pool
- ☐  Volunteering

How To Keep Them

- ☐  Be there for friends in good times and bad
- ☐  Put in your share of the work
- ☐  Be reliable
- ☐  Be a good listener
- ☐  Remember important details about your friend
- ☐  Be trustworthy
- ☐  Keep in touch
- ☐  Tell them that you appreciate them



Additional Friendship Skills to know

- Personal boundaries:
 - Know the difference between public and private information and behavior
- **People you have just met:**
 - Say hello
 - Shake hands
- **Acquaintance:**
 - Waving
 - Saying hello,
 - Giving a “high five”
- **Friends:**
 - Shoulder hug
 - Hold hands



Remember that....



- Friendships take time; you can't force another person to your timetable.
- Recognize that friendships change over time and circumstances
- Know that just because someone is friendly- that doesn't mean they are your friend!!
- Friendships can become unhealthy.....



Healthy vs Unhealthy friendships

- Compare to healthy and unhealthy foods- one makes you feel good and strong and the other makes you feel bad
- Gives them signs to watch for that indicate an unhealthy friendship
 - Telling lies
 - Trying to make you do something that you don't want to do
 - Telling you things that you can't do
 - Being mean to you with either actions or words



Signs that the friendship is unhealthy

Ask if they do these things

- Gets into others' personal space
- Is bossy or rude to others
- Only wants to do what he or she wants to do
- Is a poor sport/argues
- Says mean words
- Doesn't share
- Hits
- Loses control with his or her body or words!
- Yells
- Grabs things from others
- Disrespects others' thoughts by saying things like, "that's not a good idea, my idea is better..."

Look for these things

- Does your child ever seem upset after being with their friend/s?
- Has your child been physically hurt by their friend/s?
- Has your child made reference to any name calling/teasing?
- Does your child seem under pressure?
- Does your child lend money to their friend/s but they don't pay it back?
- Does your child let their friend/s take, use or damage their belongings?
- Does your child's friend/s use their phone, or ask your child to use it to take photographs or send messages that they don't want to?
- Does your child bring other people to where you live that they don't know or didn't invite?
- Alternatively, does your child only meet their friend/s alone?
- Is your child being encouraged to do things that are against the law?

How to Intervene

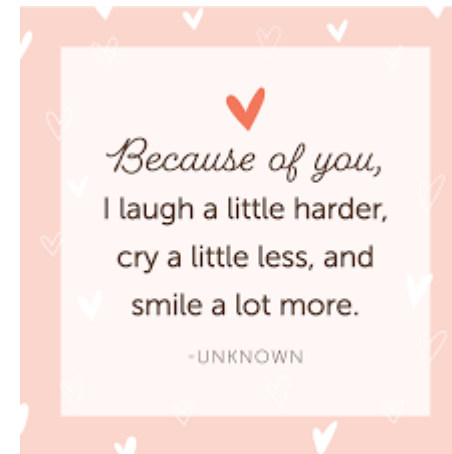
- If your child has developed an unhealthy relationship, encourage them to put some space between them and the friend.
- Reinforce the idea that having a connection to a an unhealthy friend can cause a lot of stress and pain. But be prepared for some resistance.
- Sometimes it is hard for kids to separate themselves from someone they feel connected to. It also may take some time for them to develop other friendships. So be patient.
- In the meantime, help your child make connections with others. Invite other friends over and encourage your child to try new activities or explore new interests.
- Eventually, with your help, your child will develop other friendships.

Ending friendships

- Friendships can be ended by either person
- You will feel sad but you have to accept the decision
- You cannot force someone to be your friend and continually bothering them can get you into trouble
- If they are the one ending the friendship, help them by letting them use you as a fallback measure
 - “I’d like to but my parents won’t let me”

Friendship is priceless

- The journey might be long and you may have to put in a lot of extra effort but when you hear the laughter and see the smiles- you'll know every step was worth it



Questions???

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