



Mental Health in Schools Team (MHST) Parent/Carer Tips:

Supporting your child with positive friendships

It can be difficult to see your young person struggling with friendships and to know how to support them.

Top tips for speaking with your child about friendships:

- Be available to listen
- Avoid making assumptions or placing blame
- Don't diminish how they are feeling
- Try not to rush to solutions

It can be useful to discuss with your child what a positive friendship looks like:

- Being able to be yourself with someone and have fun
- Being able to trust someone and be honest with each other
- Respecting each others boundaries
- Listening to each other and being kind

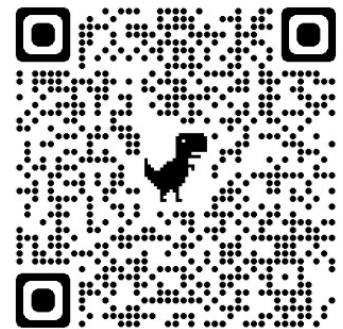
It can be helpful to:

Share your own experiences of friendships

Modelling good friendships and positive talk about others

Have conversations about how they can be a good friend

Enable new friendship opportunities



A guide to supporting young people with their friendships