



## 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*