

Managing relationships and friendships

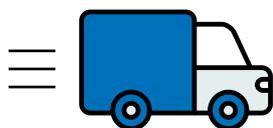
A guide for children

You probably haven't seen your friends or your teacher for a long time. Life during the coronavirus lockdown has been different for everyone.

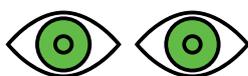
Soon you will be going back to school and seeing more friends and teachers. This leaflet will help you keep those friendships and relationships healthy.

Why and how friendships and relationships change

Friendships or relationships might change if...



Someone moves away



You don't see that person very often



If another person joins the group



If there's a falling out or disagreement



If you grow up and start to like new things



If something bad happens to someone



If someone loses a person they love

Ways to manage changing friendships



Try to remember both good and not so good things about your friend.



Remember that you might have changed too.



Try to accept that friendships do change and this is okay.



Don't assume that they will still like the same things - ask them!



If one of you is going to a new school, make a plan for you to both keep in touch.

Sometimes it becomes very hard to stay friends and it isn't always good for us to put in lots of effort. If it's making you sad, maybe it's better to stop trying and go make new friends

How to be a good friend

- Support your friend in learning or trying new things.
- Respect their choices - you deserve friends who chooses to be friends with you. It is upsetting when someone doesn't want to be friends anymore, but you will feel better if you accept it.
- Listen and take turns to be heard.
- Have the freedom to disagree without being put down.
- Keep other people's secrets (unless they are in danger or they need help).
- Accept everyone as they are, even if they make a mistake.

Activities



Write or draw 5 people you like. Choose one thing you like the most about them and write it down.



Make a keepsake for your friend if they're going to a different school to help them if they miss you.



Making new friends

Smile and ask them a question!

You might feel nervous in case they don't like you.
You might be joining a group that is already friends.

BUT

- You may be helping someone who also thinks it's hard to make friends.
- You may make many new friends instead of one.
- You may learn something new.
- You may find someone who wants to do the same sport or play the same game as you.

With **all of us** in mind.