

Managing friendships and conflict

Christ Church Hampstead Primary
School
Tuesday 7th November
9-10am

Deborah Kaiser
Mental Health and Wellbeing Advisor





Today we will think about...

- Helping your child to identify and build healthy relationships
- Supporting your child to manage conflict in friendships
- Strategies to build your child's resilience and confidence

Common issues in friendships



Why do friendship issues occur?

Lack of confidence

Controlling behaviour

Inability to see different perspectives

Fear of rejection

Power Plays

**Miscommunication/
misinterpreting actions**

**Feelings of betrayal/
disloyalty**

Supporting your child

Give them the tools to handle the situation

- With love and support: show you value them coming to you
- Acknowledge and validate emotions: this can diffuse the intensity of their emotions
- Active listening: not dismissing
- Don't try to fix it for them
- Problem-solving together
- Perspective taking
- Teach kindness and empathy
- Encourage self-reflection
- Challenge negative thoughts
- Praise resilient behaviour



When should you intervene?

- If you're concerned for your child's safety
- Incidents that occur in school, go through school teacher
- Be open-minded to understand the situation
- Work together to form an action plan
- If situation escalates, speak to school



Don't forget, friendship issues can resolve quickly!

Active Listening



Automatic Response

Active Listening

“No one likes me, I’m a loser”

“No you’re not! Everyone likes you!”

“I’m sorry you feel that way. I’m here if you want to talk about it.”

“I hate Laura, she’s not my best friend anymore!”

“No you don’t! Don’t be silly!”

“That’s a shame you feel that way, what happened to make you say that?”

Strategies to manage conflict

Trial and Error

Set Healthy Boundaries

Using words not hands

Solution-focused

**Ignore/
don't rise
to it**

**Take turns
to listen to
each other**

**Practise
responses**

Challenging negative thoughts



Identifying healthy vs unhealthy friendships

FRIENDSHIP RED FLAGS



They always feel the need to "one up" you



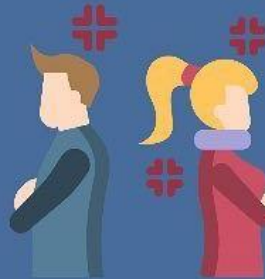
Hanging out with them leaves you feeling worse instead of better



They never like your other friends and/or your partner



They only seem to reach out when they need something



They are dismissive of your interests/ accomplishments

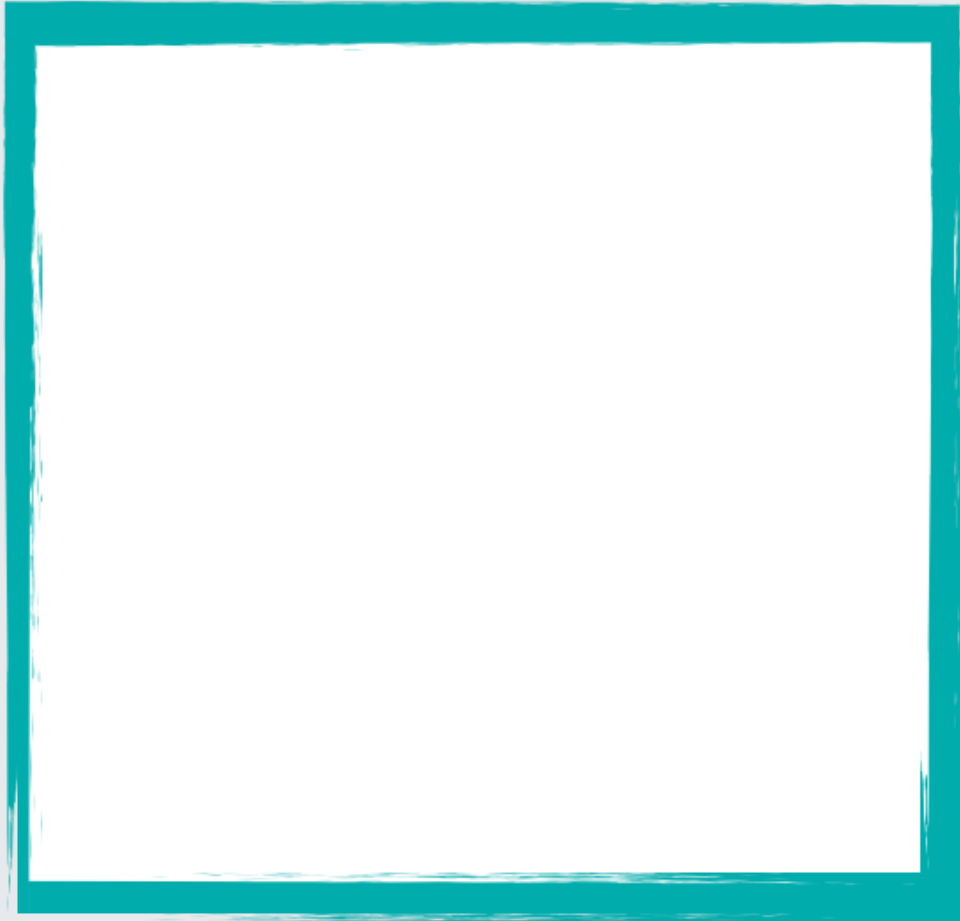


They always dominate your time

What makes a good friend?

Reflection activity

Before you continue, you might like to fill in this space with your own thoughts, ideas, drawings etc about what you think is important in a good friend.



Setting Boundaries

A boundary is a rule that you make about how others can treat you. *Setting* a boundary means letting other people know what *is* and *is not* OK for them to do to you. You have the right to set boundaries about anything that can hurt you or that makes you feel uncomfortable. Look below to learn some things you can say when others are crossing your boundary. Fill in the blanks with your own!

That is something that I don't want to talk about.

I don't like being called that name.

You are making me feel uncomfortable. Can you please stop?

I don't allow people to treat me that way.

That's not something that I want you to know about me.

I need you to respect what I said or else, I'll need to leave.

You're standing too close. Can you please back up?

I don't think that's funny at all. Please stop.



Tips for setting boundaries:

1. Say exactly what you mean so that others understand. Use a serious tone.
2. Don't let others change your mind or make you feel bad about your boundaries. If you don't like it, you don't have to take it!
3. Use I-statements. "I feel uncomfortable when you..."
4. If people keep crossing your boundaries, maybe they shouldn't be your friend. True friends respect each other's boundaries!

I CANNOT CONTROL:

(so, I can LET GO of these things)

I CAN CONTROL

(so, I will focus on these things)

BEING JUDGED BY OTHERS

HOW OTHERS REACT WHEN TOLD NO

HOW OFTEN OTHERS WILL ASK FAVORS OF ME

SPEAKING UP WHEN BOUNDARIES ARE CROSSED

SETTING RULES FOR HOW OTHERS TREAT ME

MAINTAINING MY PERSONAL SPACE

SAYING NO TO THINGS THAT ARE NOT GOOD FOR ME

HOW OFTEN I VOLUNTEER

HOW OFTEN I LET OTHERS BORROW MY THINGS

THE BELIEFS & ATTITUDES OF OTHERS

HOW I RESPECT THE BOUNDARIES OF OTHERS

MY CONSENT

PEER PRESSURE

WHEN OTHERS ARE NOT PREPARED

HOW OTHERS SET THEIR BOUNDARIES



Assertive Communication

I-STATEMENTS

When I express myself with I-messages, I use a firm and gentle voice and communicate:

1

I FEEL

My feelings about a behavior / situation

2

WHEN

A blame-free description of the behavior that is a problem for me

3

BECAUSE

The effect the behavior has on ME

4

(MY NEEDS)

What I need the other person to do instead

EXAMPLE

I feel annoyed when you keep on checking if I've done

my homework because it tells me you don't trust me.

I need to be able to prove that I can do it on my own.

Top Tips for Children

**Friendships
are 2 way!**

**Friendships
require
sharing/turn
taking!**

**Good friends
accept each
other's
differences!**

**No one
owns you!**

**Good
friends
stick up for
each other!**

Building Confidence and Resilience

Play dates



Extra-curricular activities



Role model healthy friendships





*Tomorrow is a
new day*

People can
be mean.
Don't take it
personally. It
says nothing
about you,
but a lot
about them.

unknown

ppy.com

Be kind to yourself.

YOU ARE AMAZING.

You are Good Enough.

YOU ARE WORTH IT.

Living Well Mom

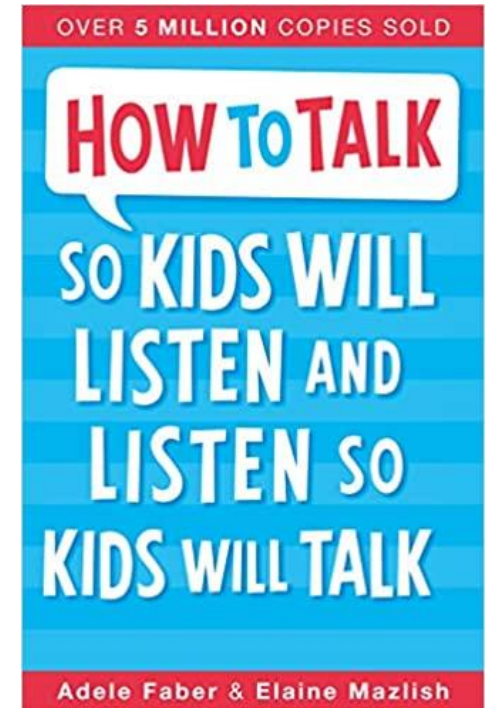
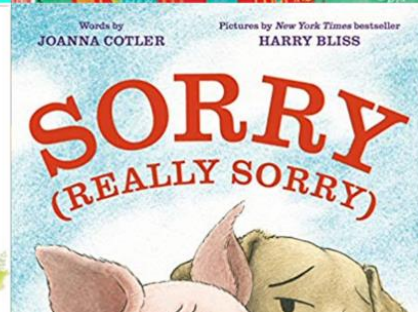
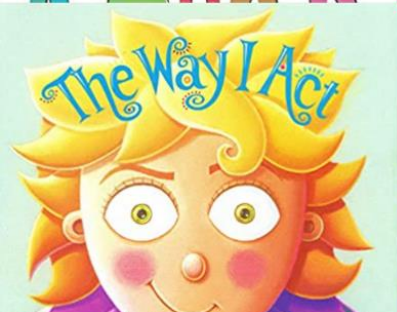
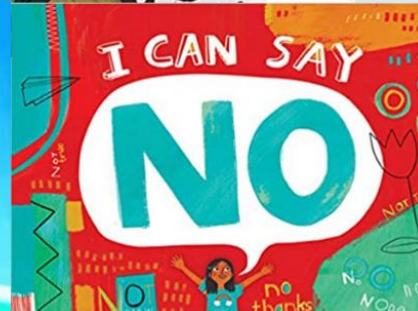
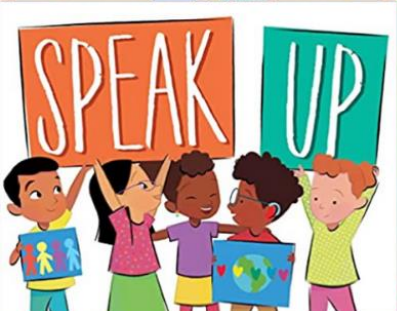
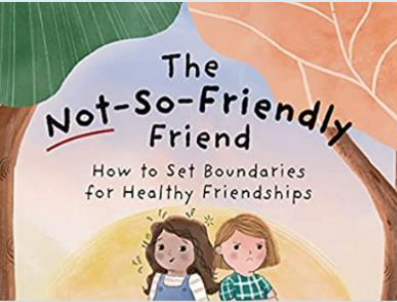
“BE KIND TO UNKIND
PEOPLE.
THEY NEED IT THE MOST”
-BUDDHA

**Surround yourself with
only people who are
going to lift you higher.**

✽

OPRAH WINFREY

Resources



[\(2\) The Not-So-Friendly Friend: How To Set Boundaries for Healthy Friendships by Christina Furnival - YouTube](#)

[Friendship Guide](#)