



Getting along well with peers and having supportive friendships are critical for positive youth development. Having strong resilience skills is an important learning skill to develop when in school. People will come and go throughout life, so it is important to develop good relationships and learn how to manage and deal with friendship breakdowns.

FRIENDSHIP BREAKDOWNS, HOW THEY CAN OCCUR AND HOW CAN THEY AFFECT YOU?

There are many reasons friendships may end. Some include; miscommunication, interest changes, social need changes, arguments and misalignment of expectations for the friendship. Friendship breakdowns can result in feeling anxious, angry, isolated, sad, depressed and lonely. Additionally, losing a friend may also result in loss of emotional support, and not wanting to socialise and not wanting to come to school.

THE IMPORTANCE OF MAKING FRIENDS

- Friends help give meaning to our lives through fulfilling our need to belong, and providing support during tough times.
- They are integral to our happiness and wellbeing.
- Throughout school, our friends benefit our education and experience at school as they make it more enjoyable and can help us with understanding our school work.
- It is important to establish supportive friends, however, we need to ensure we are also a supportive friend...See below for tips on how to do this, under the heading; 'skills to learn for positive friendships.'

BENEFICIAL SKILLS TO LEARN FOR FRIENDSHIP BREAKDOWNS

- Resilience
- Independence
- Self care
- Acceptance
- Positive conflict management skills
- Positive communication
- Connect with other friends
- Seek support from others
- Self-awareness of actions and emotions

BENEFICIAL SKILLS TO LEARN FOR POSITIVE FRIENDSHIPS

- Kindness
- Be yourself (be the friend you would want)
- Actively listen to others
- Establish common interests and try partaking in their healthy interests
- Acts of kindness
- Positive communication
- Be socially aware
- Be self-aware with actions and emotions

NEED SUPPORT?

To make a referral or seek further advice from student wellbeing please contact the manager of student wellbeing on 98036811