

NEWSLETTER

re:co
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parenting with FRIENDSHIP

SEPTEMBER
2023

By the time our students hit middle and high school, it is all but guaranteed that they will have learned a lot of lessons about friendship. Some of our kids are great at making friends, and others struggle to meet new people or to open up and trust other young people. No matter their personality, building and keeping friendships is a huge part of their development.

As a parent, it can be really tough to know how to deal with the issues that arise around friendships and relationships. To our children, these relationships mean so much, and when they run into trouble (which they will), it can feel so devastating. Finding other supportive parents, listening to podcasts, reading books, and seeking the advice of other adults who know your child well can help when the going gets tough.

Relationships are hard... for adults and students alike. Building healthy friendships in middle and high school will positively impact our children's relationships for the rest of their lives.

Questions for parents to consider:

- Who do you consider your closest friends? Why?
- What was it like for you making friends when you were your child's age?
- How do you make friends now?

Questions to ask your child:

- What are the qualities you look for most in a friend?
- How do your current friends show those traits?
- How can I support your friendships? What should I do when I see you making bad choices in a relationship? How do you want me to address that with you?

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FRIENDSHIP:

Using your words and actions to show others you care

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WEEK ONE:

What is friendship?

The words you choose to use when you speak TO your friends and the words you use ABOUT your friends when they aren't around set the stage for how your relationship will go. Then, whether or not you use your actions to back up what you say will impact how long that friendship will last.

WEEK TWO:

Making up is hard to do.

We've all been there - a harsh word, a quick glare, an unintentional slight. One moment, and the relationship has changed. The challenge, though, is that if you don't take action to repair the relationship soon, the split just gets bigger, the damage more painful, and the effort to fix it might be much more difficult. This week, we will take a deeper look at conflict in relationships and how to repair hurt.

WEEK THREE:

Growing apart

What happens when a friendship fades, or when it seems you have grown apart? Ending a friendship can be painful. How do you move on with dignity and kindness?

ANTI-BULLYING FOCUS

WEEK FOUR:

Friendship IRL

How can I be a good friend in person and online? The temptation to text or post bad things about someone can be strong. How do you honor that friendship, even when the other person isn't looking?

MENTAL HEALTH FOCUS