

# FRIENDSHIP BUGS



WISE was here to talk about friendships!

We learned that WISE comes to schools and works with students to promote healthy, safe, and strong relationships, including our friendships. We brainstormed lots of qualities that make someone a good friend like: having things in common, sharing, being helpful, having fun together, and caring about each other. There may be some qualities that are more important to some people than others since we're all a little different. Something we all need in our friendships is to be treated with kindness and respect.

We are all responsible for being a good friend to others, even when we are in conflict or have disagreements. We brainstormed strategies for staying kind and respectful when we're having an argument or a hard time with our friends. Some strategies that we came up with were: walking away/taking a break, taking deep breaths, telling them how we feel, or finding an adult who can help us figure it out.

We colored "Friendship Bugs" and in each wing we wrote something we could do to make sure we are being a good friend even when our friends are "bugging" us.

## You can help WISE reinforce these important messages!

Looking for more ways to support young people in your life? Check out WISE's Prevention booklet located on our website.

- Peer groups and friendships are becoming more important as kids start to be more social. Let your kids know that you are someone they can talk to about conflicts with their friends. Ask questions to understand and help them come up with strategies (rather than taking matters into your own hands).
- Encourage empathy. It is easy for us to only focus on how we are feeling about an argument. Encourage your child to think about how the other person might be feeling and how solutions can work for everyone.
- Remind your kids that being mad or frustrated with someone does not mean that we get to hurt them or be mean to them. We do not get to use our frustration or anger as an excuse for harmful behaviors.