

Eye to Eye Counselling Service

“Sometimes we all need someone to talk to”



Relationships (other): parents and carers

For a young person, having a good group of friends can make a huge difference. However, friendship issues are inevitable and can include:

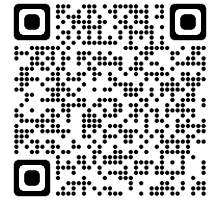
- Arguments (online or offline)
- Bullying or being treated different
- Not making an effort
- Peer pressure to do something
- Being left out or excluded
- Struggles with mental health
- Losing a friendship completely
- ‘Banter’ that feels hurtful

This can lead the young person:

- Feeling anxious
- Feeling worthless
- Lacking self-esteem and/or self-confidence
- Becoming withdrawn or isolated
- Avoiding school
- Feeling sad
- Feeling disrespected or rejected
- Struggling with embarrassment

How can I help the young person?

- Reassure them that they are not alone and that many people of their age have friendship issues
- Actively listen to their worries and concerns without interruptions or distractions
- Don’t get angry and threaten to contact the parents of their friends- this may make the situation worse for them
- Help them to identify what they look for in a ‘good’ friend and whether their needs are being met
- Ensure accountability- help them to identify how they can improve as a friend
- Encourage them to talk calmly with their friends about how they are feeling
- Encourage them to take part in social groups or hobbies that interest them- this will increase the likelihood of finding friends with common interests as them
- Reassure them that friendships come and go, and this is a natural part of life
- Work with them to boost their self-esteem and build confidence- what makes them a good person and a good friend?



www.eyetoeye.wales

Useful Contacts

Eye to Eye Counselling Service:

01443 202940

Email: info@eyetoeye.wales

Childline

0800 1111

www.childline.org.uk (online chat)

Young Minds: Parent line

0808 802 5544

www.youngminds.org.uk

Helpful Resources

[Young Minds: How to talk to your child about mental health](#)

[T.A.T.F: School friendship issues: Your Parent Guide and Teen Workbook](#)

[Parents with Confidence: Help your child navigate friendship problems](#)



Eye to Eye Counselling Service
Parish Hall, Main Road,
Llantwit Fardre
Pontypridd, CF38 1PY

Tel: 01443 202940
Email: info@eyetoeye.wales

Charity No. 1170631