

# Helping Children Learn Positive Friendship Skills

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# Importance of Children's Friendships

Friendship is an important part of healthy development

Children with friends  
Have better self esteem,  
Fewer social issues, and  
A good sense of well-being all  
their lives.

Humans are social beings and  
throughout evolutionary  
history the ability to make  
friends has been a crucial  
survival skill



HOWEVER...♪

That doesn't mean that marvelous good manners and irresistible charm will “just emerge” during your child's development.♪

# How Friendships Develop and Change

- Growing Friendships
- Making Friends and Keeping Friends
- Developmental Stages of Friendship  
*Children's friendship needs and skills change as they grow*

# How Children Make Friendships

- OPENESS
- SIMILARITY
- SHARED FUN

# What Message am I sending?



# Social Skills That Promote Friendship

- Cooperation
- Communication
- Empathy
- Emotional control
- Responsibility

# What Can Parents Do?

## (10 Evidence based tips)

1. Be an Emotional Coach
2. Practice authoritative (NOT authoritarian) Parenting
3. Teach kids how to converse in a polite way
4. When friendship building is a challenge...avoid competitive games that discourage cooperation or foster conflict
5. Help kids “read” facial expressions and body language
6. Coach kids on how to cope with tricky social situations
7. Monitor kids’ social life
8. When possible, let kids try to work things out on their own
9. Watch out for bullying
10. Be aware of cultural differences



# WHAT IS BULLYING?

*Bullying is a conscious, repeated, hostile, aggressive behavior of an individual or group abusing their position with the intention to harm others or gain real or perceived power.*

Both those who are *bullied* and who bully others may have serious, lasting problems.

# Bullying Is NOT

- **NOT** a normal part of growing up
- **NOT** a conflict or disagreement between peers without an imbalance of power
- **NOT** any isolated single aggressive or mean behavior
- **NOT** an accidental act without intention to cause harm
- **NOT** something that should be ignored

# 4 Types of Bullying/Harassment

- Pushing, hitting, shoving, kicking, hair pulling, damaging other's property

- Teasing, name calling, gossip, demeaning jokes.

Physical

Verbal

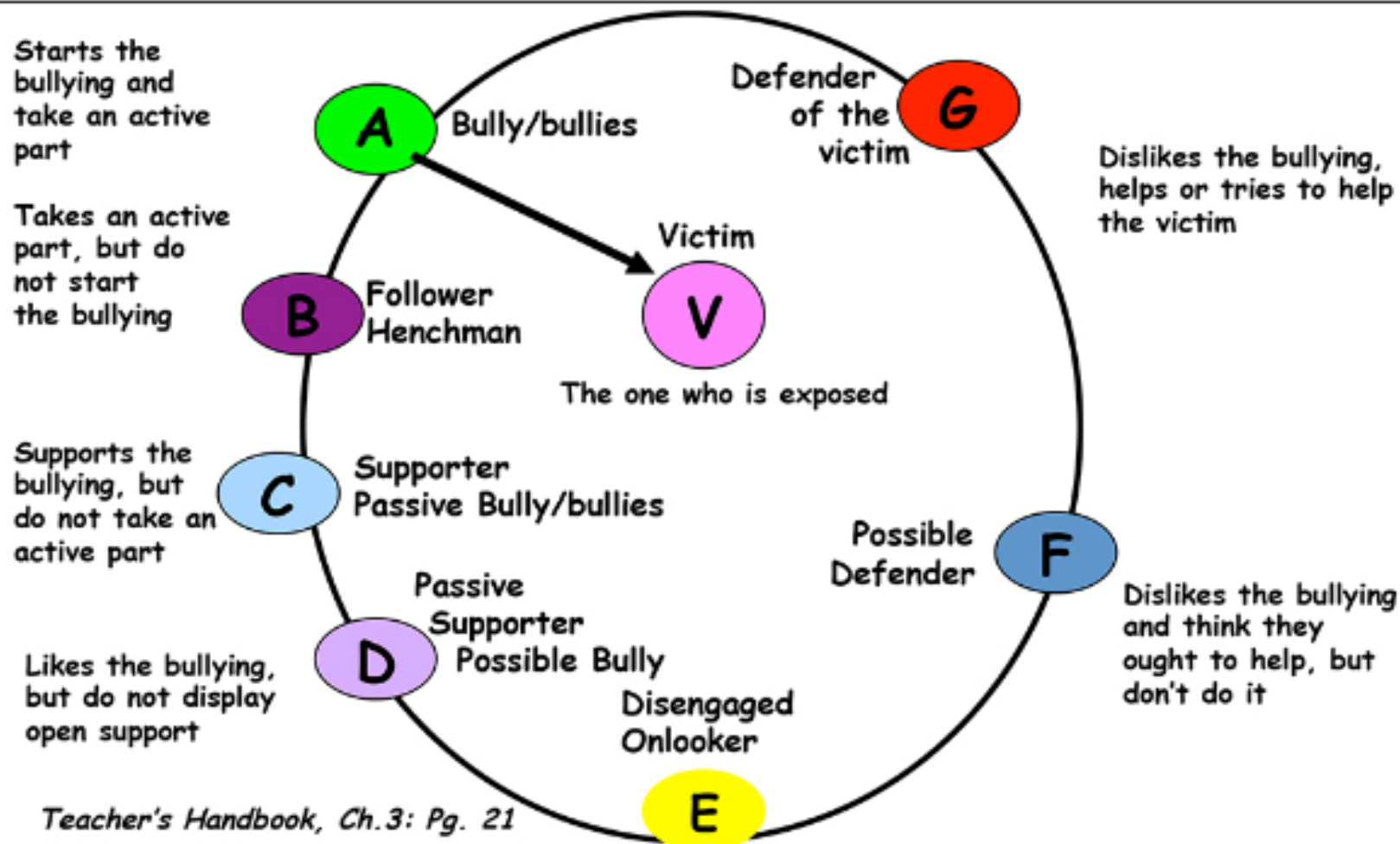
Emotional

Cyber

- Excluding someone, spreading rumors to hurt someone's reputation, humiliating someone in public

- Sending nasty text messages, posting nasty and rude comments, to ridicule someone, spreading rumors through social networks

# The Bullying Circle



Teacher's Handbook, Ch.3: Pg. 21

Watches what happens \* Is none of my business \* Doesn't take a stand

## 5 Strategies for Kids

- Talk about it
- Remove the bait
- Buddy up for safety
- Keep calm and carry on
- Don't try to fight the battle yourself

# Six Actions ALL Parents Can Take to Eliminate Bullying

1. Talk with and listen to your kids everyday
2. Spend time at school
3. Be a good example of kindness and leadership
4. Learn the signs
5. Create healthy anti-bullying habits early
6. Help your child's school address bullying effectively

ONCE UPON A TIME,  
I WAS A PERFECT PARENT.  
THEN I HAD CHILDREN.  
THE END