# THE WAY

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## FRIENDSHIP AND BELONGING

**Learning how to make new friends and keep them involves a number of skills every young person needs to understand and develop.** For some these skills will come very naturally, allowing them to easily move between different friendship groups, sharing their experiences and opening up to new people. For others, this can be much harder to navigate. Belonging to a group that is like-minded with similar interests is highly beneficial to a young person's wellbeing. It gives them a sense of security helping them feel valued which in turn builds their confidence.

Positive friendships are an important part of the journey to adulthood. Adult carers can support their child or teenager by providing guidance in the many social and emotional skills required for a healthy relationship. This will help them to obtain, retain and maintain friendships. However, not all friendship are regarded as positive. Sometimes young people develop negative or toxic friendships. Therefore it is also important for them to learn how to identify, avoid or deal with such a friendship.

In this edition of SchoolTV, adult carers can learn how to support their young person's friendship so that they experience a sense of belonging. We hope you take time to reflect on the information offered in this month's edition, and we always welcome your feedback.

If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.

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