



# EMOTIONAL RESILIENCE

## DEALING WITH FRIENDSHIP ISSUES

MRS DAWN O'DELL – HEAD OF YEAR 10

MRS MARIE YATES – INCLUSION MANAGER



# LEAVING PRIMARY SCHOOL AND BECOMING MORE INDEPENDENT

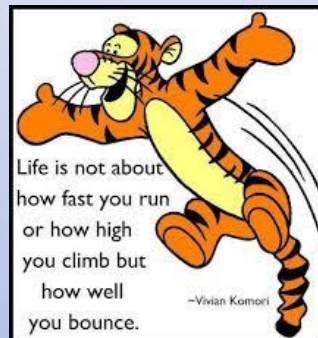
- TRANSITION
- PRIMARY SCHOOL FRIENDSHIPS
- BOYS/GIRLS



# RESILIENCE



- LEARNING TO COPE – A LIFE SKILL
- LET THEM FIND THEIR OWN WAY WHERE POSSIBLE



# WHAT CAN YOU DO? TEACH THEM TO FLY

- TRY NOT TO LET YOUR OWN EXPERIENCES OF SCHOOL, GOOD OR BAD, INFLUENCE YOUR CHILD'S EXPERIENCE
- BE A GOOD LISTENER - TRY NOT TO SOLVE IT FOR THEM
- DISCUSS HOW THEY COULD COPE – ASK THE RIGHT QUESTIONS:

“WHAT DID YOU DO (OR TRY)?”  
CAN YOU TRY?”

“HOW DID THAT WORK?”

“WHAT ELSE

- ENCOURAGE THEM TO FIND THEIR OWN SOLUTIONS - TRY SAYING:  
“YOU SEEM LIKE YOU FEEL LEFT OUT” THIS HELPS THEM RECOGNISE THEIR FEELINGS
- CONSIDER BOTH SIDES! THE TRUTH OFTEN LIES SOMEWHERE IN THE MIDDLE.
- **POLICE SOCIAL MEDIA USAGE. YOU PAY FOR THE PHONE AND HAVE CONTROL –** SEE E-SAFETY PRESENTATION



# WHEN SHOULD YOU INVOLVE THE SCHOOL?

- IF YOU SUSPECT BULLYING
- THE ISSUE SEEMS TO BE MORE THAN JUST A FRIENDSHIP FALL OUT
- THEY ARE NOT TALKING TO YOU, THERE IS A CHANGE IN BEHAVIOUR AND YOU ARE WORRIED

# THINGS WE CAN DO

- FORM TUTOR INVOLVEMENT
- TALK SENSE MENTORING
- PEER MENTORS
- COUNSELLING SERVICE IN SCHOOL
- LEARNING MENTOR
- EXTRA CURRICULAR ACTIVITIES



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