

# Building Bridges for Kids

**December 15, 2021 @ 6:30-7:30 p.m.**  
**White River Branch, Topic: Friendship Problems**

## The Importance of Friendship

Having friends improves wellbeing, attitudes to learning and academic performance. Having close friends is related to success at school and in later life. Hence, developing and maintaining friendships is important for a child's social, emotional, psychological and moral development.

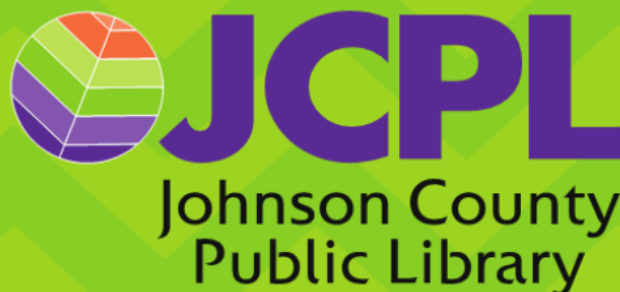
Good friendships enable children to learn and practice important social and emotional skills. These include communicating effectively, getting along with others, coping with and solving problems, self-regulation of emotions, and understanding and responding to the reactions and points of view of others. Within friendship groups, children develop their ability to think about issues that arise between friends, to negotiate and solve problems.

Children and adolescents who find it difficult to make friends often feel lonely and unhappy. They are more at risk of academic underachievement and dropping out of school.

Children with no friends are more likely to suffer from depression and anxiety than those who have at least one friend. They are also more likely to be harmed by experiences of victimization and rejection.

Having just one supportive, loyal, trustworthy friend promotes the development of psychological resilience. It helps play a protective role when managing relationships with a difficult peer, peer group or bullying. The quality of a friendship can impact on resilience, providing a buffer against stress and stressful life events.

<https://bit.ly/3Czz3KE>



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## Additional Resources

- Scholastic Parents: Kids' Toughest Friendship Issues Solved! <https://bit.ly/3nJSfil>
- Help Your Child Navigate Friendship Problems with These 6 Tips: <https://bit.ly/2ZB9nyw>
- Helping Kids Cope with Cliques <https://bit.ly/2XXaoR4>
- 12 of Our Favorite Videos for Teaching Kids About Friendship <https://bit.ly/3CvoVma>

## Books

- Growing Friendships: A Kid's Guide to Making and Keeping Friends by Eileen Kennedy-Moore. J 155.4192 KEN
- Dear Libby, Will You Answer My Questions About Friendship? By Libby M. Kiszner J 302.34083 KIS
- Make Friends, Break Friends by Peggy Burns J 155. 418 BUR
- Emotional Ups and Downs by Enid Fisher. J 155.4124 F

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**Clark Pleasant Branch, Topic: Gender Identity**

