

Dear Families/Caregivers,

Friendships are a basic human need that contribute to a student's moral, mental, and social development. Friends enrich our lives and help us learn more about ourselves.

We all need friends! We have been learning strategies for being a supporting friend. The strategies include:

- Listen
- Be Trustworthy
- Respect Yourself

Here are a couple of activities to help your teen practice being a supportive friend to others:

- Make sure that your teen has lots of opportunities to develop friendships. Consider encouraging your teen to participate in clubs or teams to help build friendships.
- Talk to your teen about his or her friendships. Ask him or her what he or she looks for in a friend. Ask him or her how he or she embodies the qualities that make a good friend.
- Find activities, hobbies, and talents that your teen enjoys. By spending time pursuing things that builds his or her confidence, your teen will gain self-respect for him or herself to be able to be a supportive friend.