



# URSULINE HIGH SCHOOL

## Year 8 Parent Workshop

- Friendship
- Peer Pressure
- Including Alcohol/Drugs



# Friendship Quiz

1. More than half of teenagers have made friends online.
2. Less than 50% of all teenagers reported that they encountered 'drama' amongst friends on social media.
3. About half the teenagers said they fought with a friend because of what happened online.

<https://www.pewresearch.org>



# Activity 1 – Discuss and write down ideas and thoughts

1. To what extent has the friendship circle changed since primary school? Were these changes easy or challenging?
2. How well does your child deal with friendship issues?
3. To what extent should parents ,manage‘ or get involved in friendships?
4. Do you always know who your child is with and where?
5. Have there been any friendship issues related to online activity and social media? Should this be controlled?
6. Frenemies or toxic friendships? What are the signs? Should I intervene?



# Possible Tips to discuss friendships

## **1. Redefine 'friendship troubles' as opportunities to learn.**

Reframing difficult encounters as an opportunity to develop these skills will help to prepare your kids for what social life will throw at them, while also strengthening their resilience and empathy.

## **2. Listen and empathise.**

Kids want to feel validated and understood – just like adults do – and taking the time out to speak with them about their concerns and emotions will help them to feel that way.

## **3. Encourage them to stand up for themselves.**

Encourage your kids to confront their problems, and not to accept bad behaviour.

## **4. Teach kids the difference between healthy and unhealthy relationships.**

Mutual respect and trust are 'must haves' in healthy relationships.

## **5. Avoid the term 'bully'.**

Replacing it with the term 'mean on-purpose'.

## **6. Lead by example.**

Children are sponges, and their parents are the most influential figures in their lives.

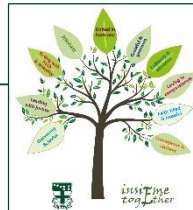
## **7. Tell stories from your own experiences.**

Remind your kids that you were once their age, and that you went through the same experiences



# Tips to make friends

- **Ask someone a question that cannot be answered with ,yes' or ,no'**
- **Find someone with a similar hobby**
- **Try a club in school out outside school**
- **Be open-minded about people**
- **Listen to other people and respond to them**
- **Smile, wave and think about body language**
- **Try to volunteer (Vinspired has some ideas – age restrictions!)**
- **Make a compliment**
- **Be patient**



# Friendship Scenarios

## Scenario 1

It's summer and your daughter wants to hang out at the park on Friday evening with some friends.

## Scenario 2

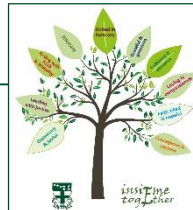
Your daughter is telling you that a group of girls she would like to be friends with are ignoring her every lunchtime.



# Peer Pressure - Activity 2

Friends, social circles and social media can put pressure on young people these days. What might young people feel pressured to do?

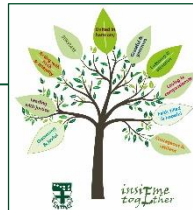
- Lose weight or look a certain way
- Drink and smoke (70% of teenagers who smoked said that their friends did so too)
- Take drugs (55% of teenagers said they took drugs for the first time because they felt pressured by their friends)
- Get into trouble
- Send sexual images
- Have sex (23% of teenage girls feel pressured to have sex)



# Peer Pressure - Activity 2

How to support your child:

- They have the right to say, “no”
- They can be assertive and firm without being angry
- They can use a strong voice, stand up tall, and look their peers in the eye.
- It is important to tell people how they feel
- It is always an option to walk away
- Adults have peer pressure, too. Give them examples that you have faced.





# Peer Pressure Scenarios

## Scenario 3

Your daughter comes home telling you that her friends told her that everybody drinks alcohol at the age of 13, and that she should bring some alcopops with her to the next party.

## Scenario 4

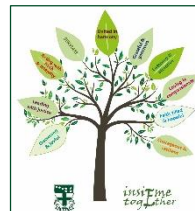
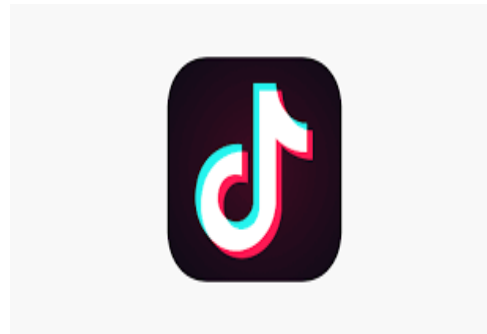
Your daughter has come home upset to tell you that a friendship group have told her that her profile picture on her social media is ugly and that she should at least get fake eye lashes.



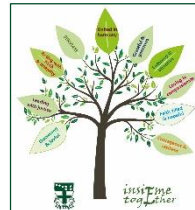
# Friendships and Common Social Media Platforms



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# What are these?



# What are these?

- GNOC
- Getting naked on camera
- IPN
- I'm posting naked
- CBB
- Cant be bothered-
- ASLP
- Age, sex ,location, please-
- 182
- I hate you
- WDYM
- What do you mean
- LMIRL
- Lets meet in real life
- CICYH
- Can I copy your homework-
- TAW
- Teacher aware
- PIN
- Parent in room



# Where Can I Get Practical Advice?

- [www.childnet.com](http://www.childnet.com)
- [www.saferinternet.org.uk](http://www.saferinternet.org.uk)
- <https://www.tigermobiles.com/2015/05/how-to-protect-your-children-on-their-smartphone/>
- <https://www.internetmatters.org/>
- [www.common sense media.org](http://www.common sense media.org)
- <https://www.ceop.police.uk/safety-centre/>



# Off The Record Merton



Merton

Clinical Commissioning Group

Free and friendly services for young people, aged 11-25, who live in Merton (or are registered with a Merton GP).

- Face-to-face counselling(11-25 years)
- Online counselling(14-25 years)
- Walk-in counselling (no appointment needed) (14+ years)
  - Wed 3:30-5:30 Vestry Hall, 336 London Road, Mitcham
- Outreach support offer in schools and community locations
- Parent workshop (self-harm)

TALK TO US

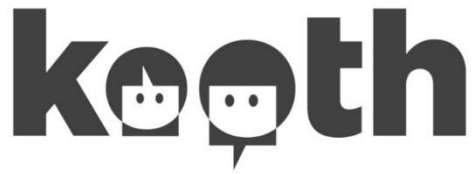


**Self-referral-** (if they are under 13 years old they will need consent of a parent/carer)

**Professional referral-** The young person can or a referral can be made by a professional i.e. school, GP, Child and Adolescent Mental Health Service

[www.talkofftherecord.org](http://www.talkofftherecord.org)





# Kooth



Kooth gives Young People under the age of 20 **fast, free and anonymous access to professional counsellors** with safe online support **365 days a year**.

- Online counselling and emotional well-being platform for children and young people aged 11-18
  - Counselling takes the form of an assessment session and then up to 5 follow up sessions of up to 1hr long.
- Accessible through mobile, tablet and desktop and free at the point of use (**it is not an app**).

[www.kooth.com](http://www.kooth.com)

Monday – Friday 12pm – 10pm

Saturday – Sunday 6pm – 10pm

On Kooth you can



Chat to our friendly counsellors



Read articles written by young people



Get support from the Kooth community



Write in a daily journal

**It is NOT a crisis support page.** If in crisis, you should access support via A&E/Samartians.

**REMINDER:** If accessed through the **school tablet** what is written is **NOT confidential** as school monitors the tablets 24/7. Any safeguarding concerns will be brought to schools' attention and parents informed.