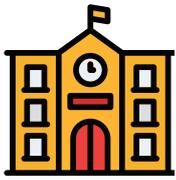


# Managing change in friendships

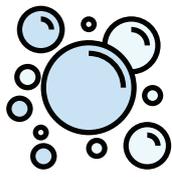
## Who is this resource aimed for?

This is for secondary school students who have had a lot of change in their relationships.

People may have a change in friendship groups for lots of reasons. Circle the ones that you have experienced directly;



Moving school



Changing bubbles



Being excluded from school



Moving to another area



Moving from another country



Arguments with a friend



Being unwell and not attending school

Think about your own reasons that may have led to a change in friendships;

When there is a change in friendships you might feel;

- Lonely
- Isolated or
- Excluded

Other times you might feel;

- Relieved
- Excited or
- Indifferent

Sometimes friendships can improve and get better and other times they drift apart. In managing these changes you may wish to;

**Talk to your friend** You might feel comfortable letting them know how you feel, they could be feeling the same and be relieved that you have brought it up.

**Take some time** If the change in friendship means that you are feeling worried or anxious, it might be that having a bit of space from one another could be a good thing. You might want to focus on existing friendships

**Express your feelings** you might want to write down your feelings in a diary, journaling, writing poetry or drawing. Having an outlet to express how you feel can

**Talk to someone else** You might be feeling very low and feel the need to talk to someone else about you feel. You could speak to a trusted adult such as a parent or someone from school. It may be that you are finding things very difficult emotionally and you might want to seek extra help from a professional such as your GP.

continued overleaf



# Managing change in friendships

What is your own action plan to manage a change in friendships?

How I feel	What I am going to do?	Who might help me?	How do I know if it has worked?
<i>Angry</i>	<i>Take some time to play computer games on my own</i>	<i>No one, I can do this on my own</i>	<i>I might feel more relaxed afterwards</i>

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