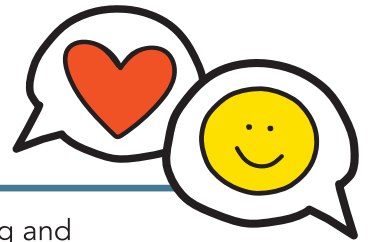


# Let's Talk About Kids' Friendships



Talking with children and teens about friendships can help them navigate building and maintaining relationships, which supports their mental health.

Use your judgment to figure out which questions may be most appropriate for the individual child.

## Younger children



Is it easy or hard for you to make friends?



Where do you like to play with other kids?



When you want to start playing with someone new, what do you say?



What kinds of things do you like to do with friends?



What makes someone a good friend?



What can get in the way of making friends?



Do you ever feel nervous or uncomfortable talking to new people?



What is a good question to ask someone who you would like to be friends with?



Tell me about one of your friends and why you like spending time with them.



How do you introduce yourself to someone new?



What are things you like to do that you would want to do with other kids your age?



Who did you like to play with?



What things do you like doing in your class/group?



What things do you have in common with [other child's name]?

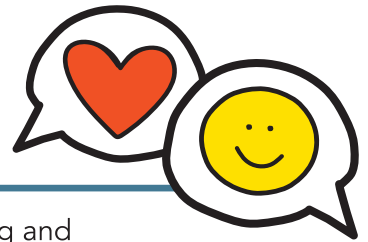


What is a good question to ask someone who you'd like to be friends with?



Are you ever uncomfortable talking to new kids? Why or why not?

# Let's Talk About Kids' Friendships



Talking with children and teens about friendships can help them navigate building and maintaining relationships, which supports their mental health.

Use your judgment to figure out which questions may be most appropriate for the individual child.

## Older kids (you can ask these in addition to the questions for younger children)



What's the hardest thing about meeting new friends?



What things do you talk about with [other child's name]?



Which friend do you feel you can trust the most?



Do you like having different friends in different settings (school, sports, religious spaces)?



How do you feel about yourself when you hang out with [other child's name]?



Do you prefer to have a few close friends or a lot of friends that you're not as close with? Why?



How has your friendship changed with [other child's name]?



What has [other child's name] taught you?



Who is your most important friend?



Who can you see yourself being friends with for life? Why?

