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# “Are you my friend?” Social/Emotional Development

## WHAT DO RELATIONSHIPS LOOK LIKE?

Healthy Relationships Look Like This:	Unhealthy Relationships Look Like This:
Supportive	Hurtful
Foster self-esteem	Damage self-esteem
Sense of belonging	Cause insecurity
Companionship	Build alliances
Boost confidence	Cause self-doubt & anxiety
Nurturing	Stressful
Inclusive	Exclusive
Exhibit sympathy & empathy	Controlling
Shared interests	Manipulative

**Relational aggression is hurtful and damages all relationships.**

## ROLE OF THE PEER GROUP

ADVANTAGES OF THE PEER GROUP	DISADVANTAGES OF THE PEER GROUP
Provides companionship & sense of belonging.	Pressure to do things you know are wrong, or unkind or dangerous
Membership in the group contributes to feeling of self worth and personal power.	Desire to conform can result in the loss of ability to think for oneself.
Provides ‘solidarity’ as child/teen learns to become his/her own person.	If membership in the group is uncertain, this affects self-esteem.
Can provide a safe environment to experiment and try out age appropriate ideas and activities.	Can provide an unsafe environment to try out activities that are dangerous or hurtful.

## PRO-SOCIAL QUALITIES WE CAN TEACH

- Caring
- Respect
- Courtesy
- Loyalty
- Honesty
- Responsibility
- Cooperation
- Flexibility
- Taking turns
- Communication
- How to enter play situations
- Perspective: how serious is it?
- Fairness

## EMOTIONAL SKILLS WE CAN FOSTER

- Identify emotions
- Express emotions
- “Use your words, but carefully!”
- Self esteem
- Problem solving
- Negotiating
- Compromise
- Sympathy
- Capacity for empathy
- Giving and receiving compliments
- Conflict resolution
- Coping

## RESOURCES

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