



RAISING GIRLS: NAVIGATING FRIENDSHIPS

Friendships are very important to girls. In order to be successful in this important area of their lives, every girl needs to acquire crucial social skills to be able to choose and be good friends, and to know how to manage the inevitable friendship friction.

After an extended period of isolation from their friends, it has never been so important for girls to receive support from their parents in this area.

This workshop covers the following topics:



UNDERSTANDING GIRLS' FRIENDSHIPS

We examine the different types of friendships between girls and the various needs girls have from their friendships. We look at the different ways they manage their friendships at different stages in their lives.



HELPING GIRLS FOSTER HEALTHY & POSITIVE FRIENDSHIPS

We share several practical ways that parents can help their daughters develop the all-important social and emotional skills to create and sustain fulfilling and enjoyable friendships.



SUPPORTING GIRLS IN FRIENDSHIP DIFFICULTIES

We discuss effective ways parents can support their daughters when their friendships fall apart, and give examples of how she can repair or leave a friendship. We explore what parents can do when they're concerned about their daughter's friends, and how they can help their daughter if she is subjected to teasing and bullying.