

YOUTH HEALTH BULLETIN



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THIS MONTH'S TOPIC

THE VALUE OF FRIENDSHIP

Making and having friends is important because it helps us feel happy, learn new things, and grow into strong, confident people. Friends help us feel like we belong. They can support us when we feel lonely or sad. Friendship also teaches us how to share, solve problems, and understand how others think. These skills are important for getting along with others and doing well in school. As we grow up, these same skills help us make decisions about the kind of job we want, the relationships that are important to us, and our values.

Research shows that kids who have friends are more likely to enjoy school and do better in their classes. On the other hand, children who don't have friends may feel anxious or avoid school. Having friends also helps us feel



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One good way to make new friends is to join activities like sports, clubs, or school events.

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good about ourselves and gives us more chances to help others. Overall, making and keeping friends is a big part of growing up happy and healthy.

Friends can cheer you up when you're feeling sad, help you when you're having a hard time, and cheer with you when things go well. Friendships teach you how to be kind, fair, and honest. Sometimes friends might fight but learning to say "I'm sorry" or forgive someone is part of being a good friend. It's also OK if not every friendship lasts forever — people change, and that's normal. What matters most is treating others with respect and finding friends who do the same. Good friendships help you feel safe, happy, and confident as you grow up.

So, how do you make new friends? If you overthink this, it can feel harder than it is. The best way to make a friend is to be a friend!

You can make new friends by being kind, open, and willing to try new things. One good way is to



join activities like sports, clubs, or school events where you can meet other kids who like the same things. Saying "hi," inviting them to play a game or do an activity together, or giving a compliment can help start a conversation. You can also make friends by helping others, sharing, or being a good listener. It's important to smile, take turns, and show interest in what others are doing or saying. Being friendly and showing respect makes others feel comfortable and more likely to want to be friends. Even if it feels a little scary at first, trying to talk to someone new can lead to a great friendship!

REFERENCE:

<https://www.ncbi.nlm.nih.gov/books/NBK225544>

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