

# BRADFIELD CE PRIMARY SAFEGUARDING NEWS

Monthly safeguarding newsletter for families

## *Keeping children safe:*

### **BUILDING HEALTHY RELATIONSHIPS**

Dear Parents & Carers,

One of the essential aspects of growing up is forming relationships, whether romantic or platonic. Developing new relationships can teach us how to handle and understand emotions, increase communication skills, boost self-confidence, and create a sense of belonging. These relationships may have their highs and lows, and as a parent or caregiver, it's crucial to be observant and provide guidance and encouragement to your child.

Healthy relationships or friendships are built on mutual respect and support. These relationships are based on trust, and although they require effort, they should not be one-sided or leave one party feeling drained. An unhealthy relationship, on the other hand, often involves an uneven distribution of power, leading to a rollercoaster of emotions that swings between temporary highs and devastating lows for one of the parties involved. Unfortunately, this can have a significant impact on the mental health of the individual involved.

Observation is key when it comes to identifying potential red flags in your child's friendships. Keep an eye out for any warning signs, such as:

### **SAFEGUARDING TEAM**

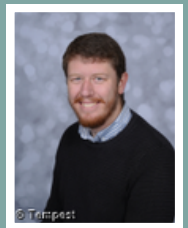
If you have any concerns over a child's safety or welfare, please speak to a member of the school's safeguarding team.



Miss Davies  
DSL



Miss Bisley  
Deputy DSL



Mr Millward  
Deputy DSL

- a friend who tries to take control and boss your child around
- little effort is put into the friendship by the friend
- the friend can be unkind and overly critical
- the friend may be involved in a lot of drama.

Additionally, your child may:

- isolate themselves from other friends to spend time with this person
- worry about what the friend thinks of their decisions
- become involved or on the receiving ends of the friend's drama.

It is important to pay attention to how your child behaves in different situations and how their demeanour changes.

## STRATEGIES FOR ENCOURAGING POSITIVE RELATIONSHIPS AND FRIENDSHIPS IN YOUR CHILD

Whether or not you think your child has an unhealthy friendship, these strategies can help foster positive relationships. By providing them with the tools they need, your child can determine for themselves whether a relationship is beneficial or not.



### GOOD ROLE MODELS

A great way to begin the dialogue is by speaking to your child about the qualities of a good friendship or relationship. To jumpstart this conversation, consider using examples from movies or TV shows that illustrate positive dynamics.

### ASK OPEN ENDED QUESTIONS

Avoid giving your opinion about your child's friendship right away as this may lead them to become defensive. Start by asking open-ended questions, for instance, "What do you think are the qualities of a good friend?"



### EMOTIONAL EXPRESSION.

Encourage your child to communicate their feelings to their peers in a constructive manner. This can be as simple as providing them with the confidence to express their dislike towards something another child has said or done.

### HELP THEM GET DISTANCE

Encourage them to spend time with individuals who have a positive influence on them. This will enable them to distinguish between healthy and unhealthy relationships.



# friends

Are your friendships healthy or unhealthy?



I feel free to be myself



I often feel judged by my friends



I have the freedom to express my opinions

I often feel put-down, hurt or excluded by my friends



I feel free to choose who I would like to be friends with

I feel like I have to change myself for people to like me



I feel respected, appreciated and included by my friends

I feel like other people have control over who I'm friends with



We can talk and work out problems when we need to

We fight a lot and struggle to work out any problems



There is give and take in my friendships

I feel like it's all give and no take