



Parental Guidance: Supporting Young People Through Friendship Issues & Conflict

Friendships play an important role in young people's wellbeing and sense of identity. As children move through adolescence, relationships often become more complex, and disagreements or changes in friendships are a normal part of development. This guidance aims to support families in helping young people manage peer relationships safely while building confidence and communication skills.

Understanding friendships during adolescence

As young people grow, friendships may change quickly. Differences in interests, social groups or online communication can sometimes lead to misunderstandings or conflict. Learning how to navigate these experiences is an important part of developing independence, resilience and social awareness.

Coaching problem-solving at home

Parents and carers can support young people by guiding rather than immediately solving difficulties:

- Encourage your child to explain what has happened and how they feel.
- Help them think through possible solutions instead of stepping in straight away.
- Ask open questions such as "What do you think might help next?" to build confidence in decision-making.

Supporting problem-solving helps young people develop long-term communication skills.

Recognising healthy and unhealthy friendships

Helping your child reflect on friendships can support safer choices:

- Healthy friendships involve respect, trust and the ability to disagree safely.
- Warning signs may include pressure to act differently, secrecy, or feeling constantly anxious around certain peers.
- Talk openly about peer pressure and reassure your child that it is okay to step away from situations that feel uncomfortable.



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Supporting communication and boundaries

Young people benefit from clear guidance on respectful disagreement:

- Model calm conversations at home and encourage listening as well as speaking.
- Reinforce that boundaries are positive and help protect wellbeing.
- Remind your child that not every disagreement needs to be resolved immediately, and taking space can be helpful.

When friendship issues begin to affect wellbeing

If conflicts start to impact mood, sleep, attendance or engagement with school, additional support may be helpful. Parents can encourage their child to speak with a trusted adult and contact the pastoral team to share concerns early.

Working together with the Academy

The Academy can support students through pastoral conversations, guidance around communication skills, and mediation where appropriate. Working together with families allows us to promote respectful relationships while ensuring students feel safe and supported during challenging social situations.

Contacting College Pastoral Teams

Angelou College - angelou@stationers.latrust.org.uk
Caxton College - caxton@stationers.latrust.org.uk
Hansard College - hansard@stationers.latrust.org.uk
Equiano College - equiano@stationers.latrust.org.uk
Woolf Sixth Form College - woolf@stationers.latrust.org.uk