

7 Social Myths to Share with Your Kids

It's always better to have lots of friends than one or two friends

Popular kids are happier (and all popularity is the same)

We can always tell what someone else thinks of us

It's protective to have a best friend

When someone bails on you, excludes you, or says something rude, they *know* it's mean

It's unusual to get dropped by a friend, particularly in the middle school years

If someone accepts invites but doesn't reciprocate, it means they're not interested in the friendship



10 WAYS TO BOOST YOUR CHILD'S SOCIAL SKILLS & RESILIENCE

1. "What's one, more benign possibility?" (If they catastrophize)

2. Instill a sense of agency ("What's one thing you could do now?")

3. Teach social skills, such as asking a Q or giving a compliment

4. Ask: "Do they want to repair or take a break from the friend?"

5. Coach them rather than try to "fix" their problem

6. Encourage them to talk to a wide range of peers, not only those like them

7. Explain that peer pressure is really behavior contagion

8. Help them label feelings so they come up with the right solution

9. Share your own social setbacks and how you regrouped

10. Normalize shifting friendships

