MindPeace

FRIENDSHIP MATTERS SERIES

Friendships Change

Growing apart, starting fresh, staying connected

For families · Grades 5–12



Friendships naturally shift in middle and high school. Changes can feel painful, and can also open the door to new people and interests. Change doesn't mean something is wrong.

Six ways to help through the shifts

1 It's normal

Interests change, and so do friendships. It's okay to let some go.

2 Allow sadness

Missing a friend can last weeks and resurface. Keep listening and validating.

3 Know a poor fit

Repeated rejection or disrespect may mean it's time to step back.

4 Widen the circle

Clubs, teams and activities soften the blow if one group falls apart.

5 Small gestures

A quick text or shared meme helps friendships stay strong.

6 Kind online, too

Keep friends' private messages private, and criticism off public posts.

Signs social stress may be building

- Headaches, stomachaches, sleep problems or irritability
- Avoiding school, pulling away, or sudden changes in mood, appetite or energy
- If your child won't open up to you, a relative, family friend or school counselor may help.

Need support? Call your school counselor, or call or text the **988** Lifeline. Emergency: **911**.

Sources

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