

Building Strong Relationships

5 Strategies for Success

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Having good friends is really important. It can make you happier at home and school. As a middle schooler, learning to make friends can change your life. Good friendships give you support and make you feel like you belong. This is great for your mental health and helps you grow as a person.

Here are five tips for making strong friendships:



1. Talk and Listen Well - Talking isn't just about speaking. It's also about listening to others and understanding them. Try to share your thoughts clearly, but also listen without judging (which can be hard sometimes). You can practice this by acting out different situations with friends. This helps you learn how to share your ideas in a nice way while also hearing what others say.

2. Try to Understand Others - Understanding others means trying to see things from their point of view. When you do this, you can make better friends. Try talking about your feelings in groups. The more you try to understand others, the kinder you become. This makes other people want to be nice to you too.

3. Be Reliable - Trust is really important in friendships. If you say you'll do something, do it. When people know they can count on you, they'll trust and respect you more. Remember, just like you want to be able to rely on your friends, they want to be able to rely on you too.

4. Handle Arguments Well - Everyone has arguments sometimes. But how you deal with them is important. Try to stay calm when you disagree with someone. Try to see things from their side too. Work together to find solutions that make everyone happy. This can actually make your friendships stronger!

5. Be Positive and Encouraging - Notice and praise the good things about your friends. When you celebrate their successes, they're more likely to do the same for you. This creates a friendly environment where everyone feels valued.

Wrapping Up

Making good friends takes practice. It's not always easy, but it's worth it. These five tips can help you make and keep great friends. They can also help you in the future when you start working. Remember, having strong friendships makes you happier and helps you grow as a person. (392)