

What can YOU do?

Parents and carers you have an opportunity to learn more about what skills your child is learning in the FRIENDS programme.

To help them, you are invited to attend the parent sessions and meetings.

For further information on the FRIENDS programme contact us on:
0191 2832937

www.friendsresilience.org



Information for
Parents and Carers



What is FRIENDS?

FRIENDS is the world's leading programme for reducing childhood anxiety and building resilience, helping children manage difficult emotions both now and in later life. The programme was developed in Australia by Dr Paula Barrett.

The FRIENDS Programme

The FRIENDS programme is delivered in a group setting and can be facilitated by a wide range of professionals. Each letter of the programme title emphasises an area that the children will learn about during the group:

F eeling worried?
R elax and feel good
I nner thoughts
E xplore plans
N ice work - self-reward
D on't forget to practice
S tay calm!

What happens in a FRIENDS group?

The FRIENDS programme only takes twelve sessions to complete and is able to be run during the normal school day. Each FRIENDS group takes around two hours. The children will work in a small group with experienced staff to gain skills such as:

- ⇒ Dealing with difficult situations
- ⇒ Recognising signs of anxiety
- ⇒ Relaxation techniques
- ⇒ Positive thinking
- ⇒ Problem solving
- ⇒ Emotional resilience
- ⇒ Using peer/friendship support
- ⇒ Conflict resolution

How do we know FRIENDS works?

Lots of children experience difficulties with anxious behaviour and worries, but research suggests that up to 80% of children who showed signs of anxiety at the beginning of a FRIENDS programme no longer displayed these symptoms for up to six years after completing the programme. For children who are less anxious, FRIENDS significantly increases their self-esteem while reducing their feelings of worry and low mood.