



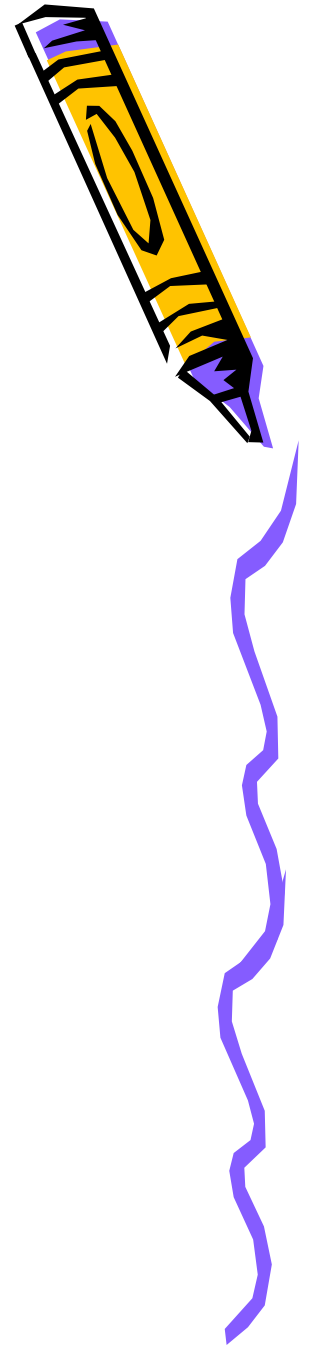
Frienemies:
With Friends Like This, Who
Needs Enemies?

By Dr. Adria O'Donnell



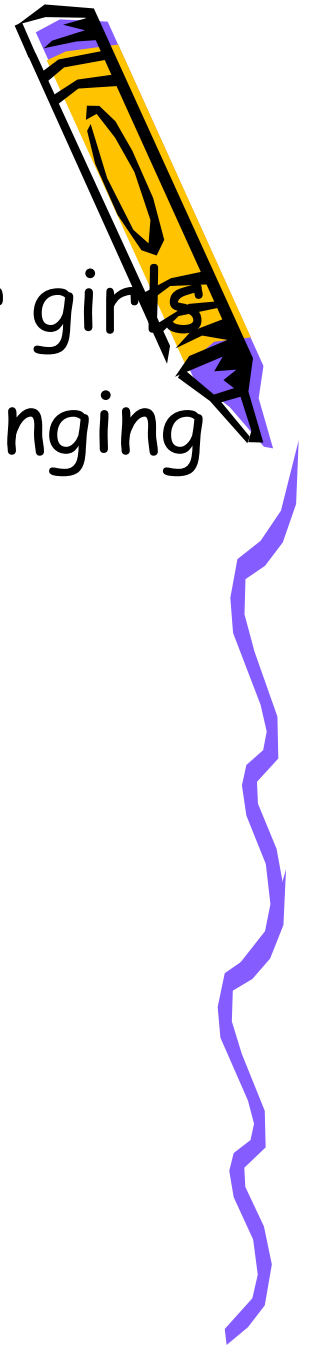
What to Expect

- Friendships
- "NICE" and mean
- Bullying for boys and girls
- Techno-drama
- To Do's and Not to Do's
- "Straight Talk"
- Role Plays
- Q & A

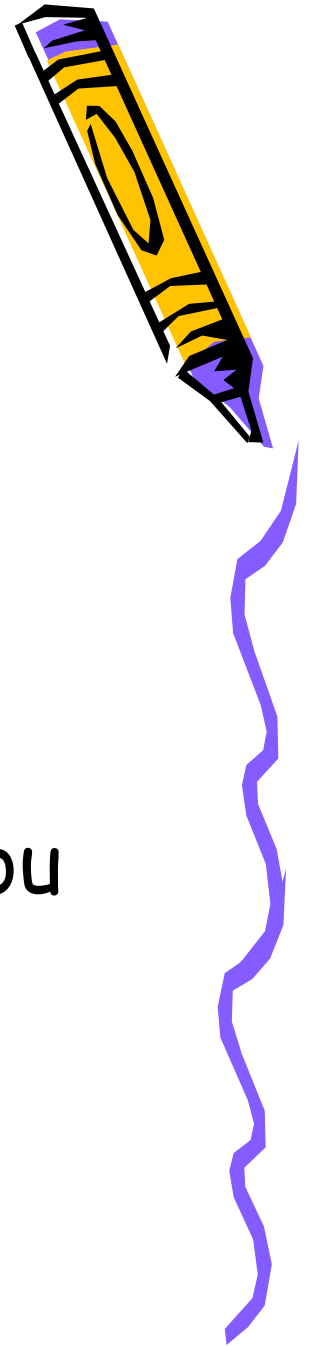


Friendships

- ♣ Are a totally really super big deal for girls
- ♣ Girls' friendships are focused on belonging and other people's opinions
- ♣ Just as important for boys BUT for different reasons
- ♣ Boys' friendships but tend to revolve around activities/skills
- ♣ All you need is *one!* (OK, maybe 2)



Peer Relations



- A friend can protect a child from outside traumatic events
- Are full of conflict, especially for girls
- Status hierarchy exist everywhere
- Peer pressure is present - even if you raise a "strong and confident kid"



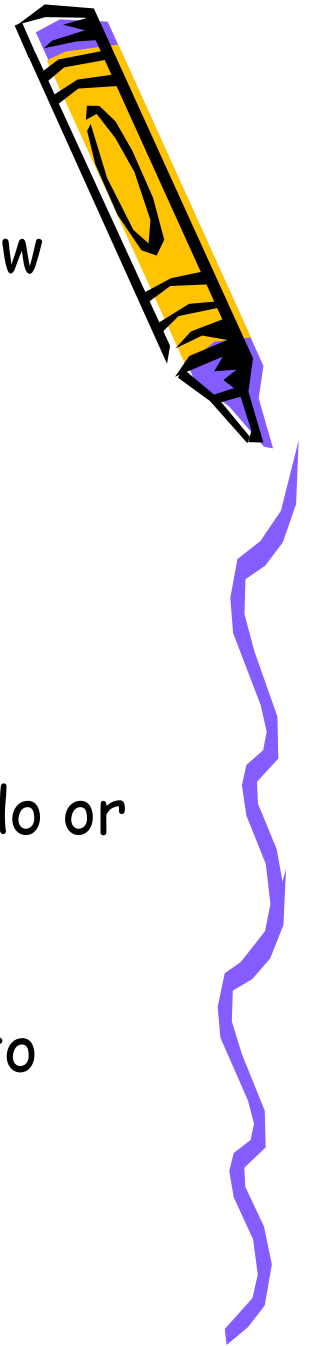
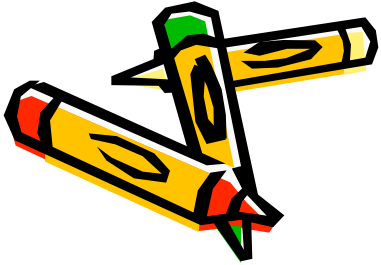
Friendship Rules

- Unwritten rules of Friendships- does your kid know these?!?
- Parental expectation:
 - What does "friend" means to you? Your child?

My Friend Facts

1: You **CANNOT** control what others think, feel, do or say about you

2: All friends get annoying (**EVEN YOU**) so learn to take a break without being rude/gossipy about it

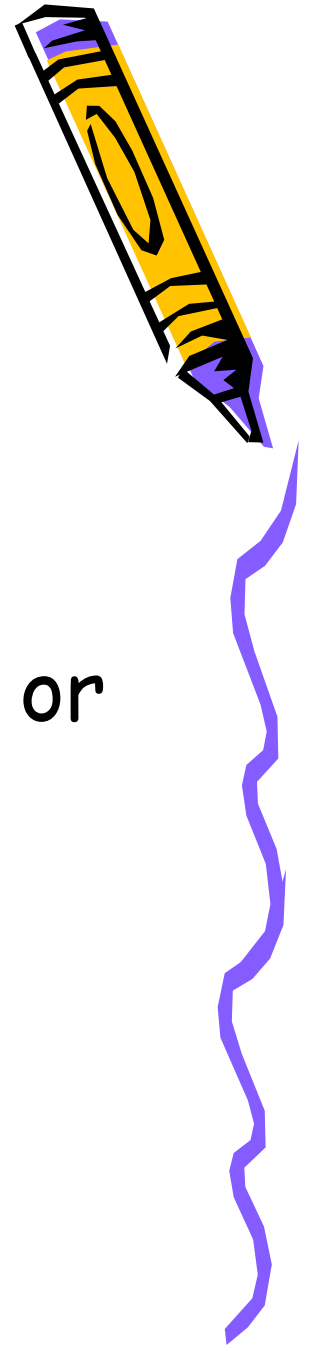


My Friend Facts cont.

3: True Friendships are mutual

4: Friends don't keep secrets well or forever

5: Friends out grow each other

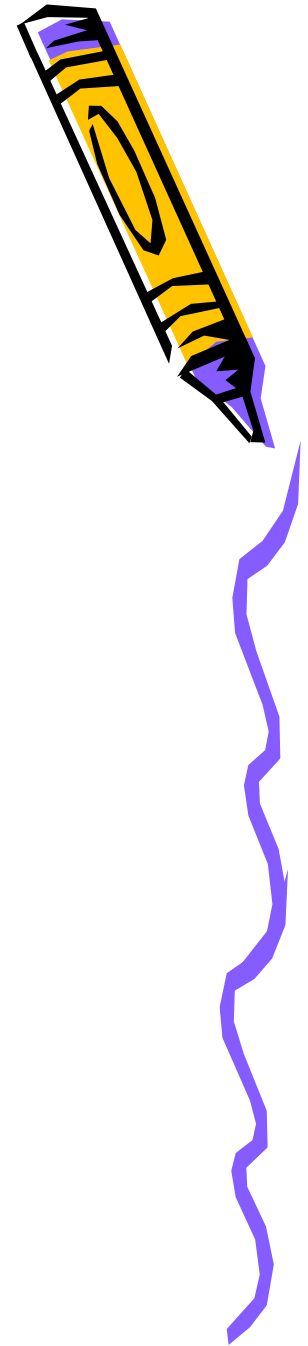




And now, a few words about being
NICE...



Bullying



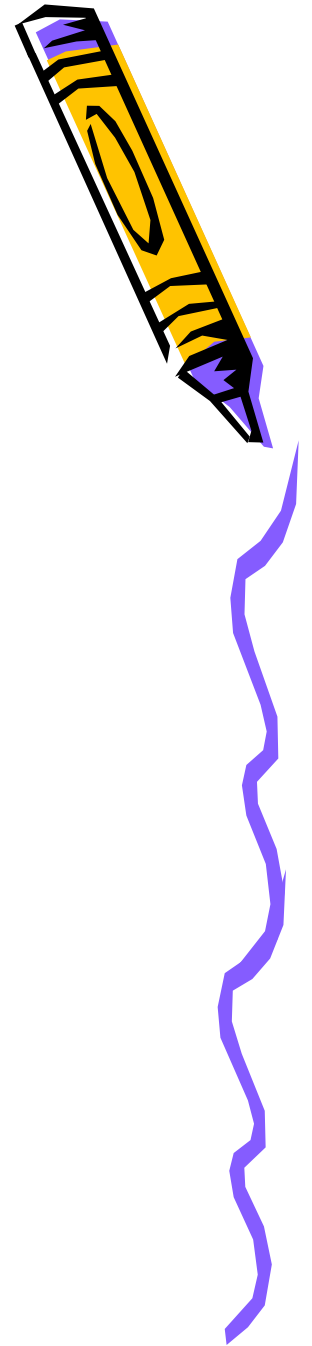
- Systematic, targeted intimidation or harm
- Conscious, deliberate, & hostile in nature
- 4 markers of Bullying (B. Coloroso)
 - Imbalance of power
 - Intent to harm
 - Threat of further aggression
 - Terror
- Victimization, repeated and over time
 - Physical (Intimidation, Non-verbal)
 - Verbal
 - Relational



Bullying vs. teasing

Who does what to whom?

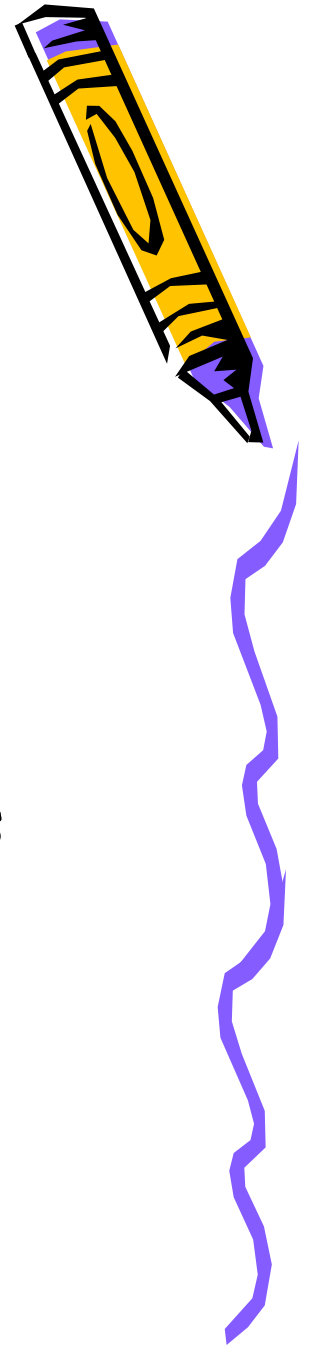
- 3 Roles (bully, bullied, bystander)
 - Aggressor
 - Bystander
 - Target
- Move within roles daily
- Hard to recognize/metabolize
- Caution: Behavior vs. Character



Gender Differences

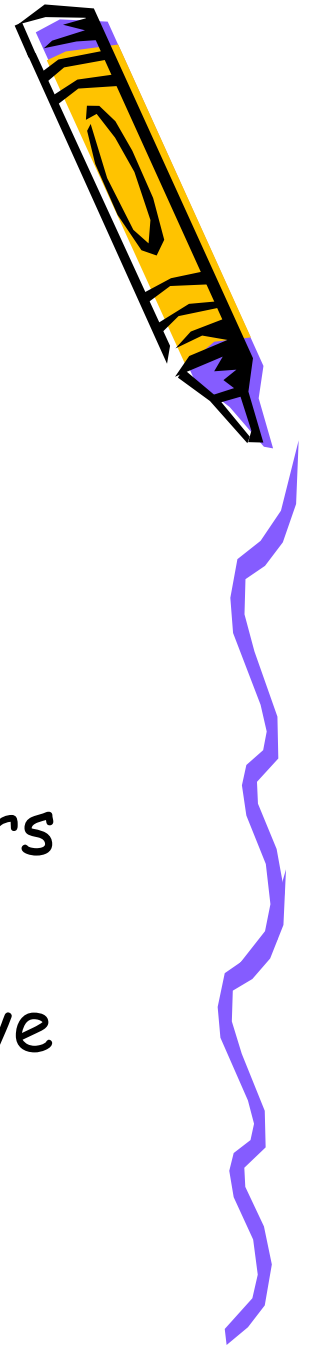
Boy Bullies TEND to...

- Use physical and verbal/(nv) aggression
- Target skills, athleticism, masculinity, bravery
- Be more visible
- Be an "equal opportunity" bully
- Aggress outside of friendships
- Be bigger, stronger, faster, athletic...but not always
- Have aggressive reaction patterns
- Are perceived as powerful, fearless
- Have a "posy"

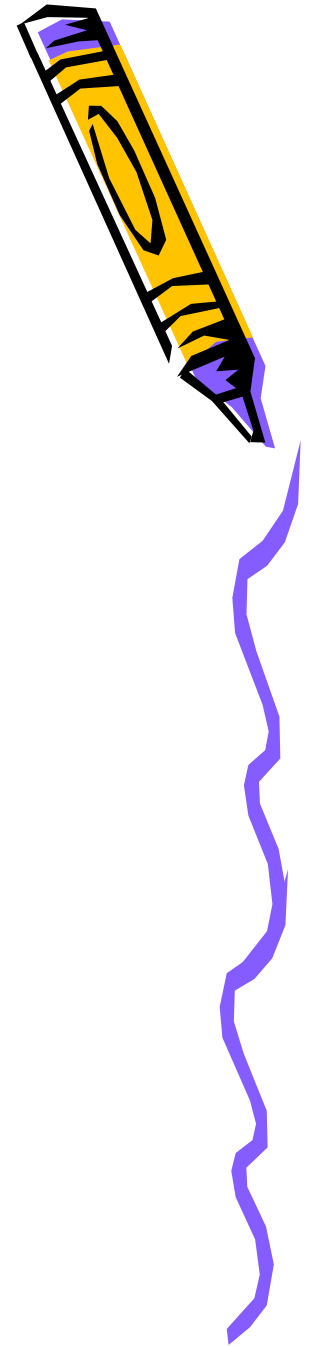


Boy Bullying: Victims

- More anxious & insecure than peers
- Physically weaker
- More cautious, sensitive, quiet
- More tearful, react with withdrawal
- Suffer low self-esteem, -efficacy
- Don't employ aggressive/teasing behaviors
- Few if any allies
- Passive/submissive Victims vs. Provocative Victims



Girl Bullying



Relational Aggression

- Spread rumor & Gossip
- Name call
- Ignoring
- Ditching
- Threatening to end a friendship
- The "giggle"
- Aggressive non-verbals
- E-ggression (text, on-line attacks)



Girl Friendship Equation

Highly valued friendships

+

"NICE" Gender role

+

insecurities/sensitive feelings

-

Effective conflict resolution skills

=

DRAMA



Research Demonstrates that Girls who use Relational Aggression...



- Use it within friendships vs. boys who aggress outside their circles
- Demonstrate less empathy
- Normalize the behavior & often see it as retaliatory/justified
- Say its "OK" with girls as PA is with boys
- RA is harmful for victims & aggressors



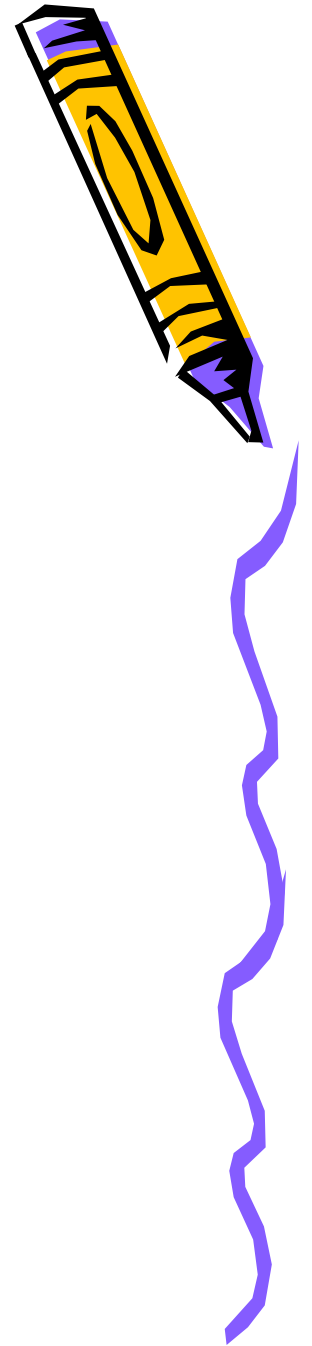
All bullies seem to...

- Like to dominate others
- Find it hard to take the others' perspective
- Are overly focused on their needs, wants
- Tend to hurt others when adults are not around
- View weaker siblings/peers as easy "prey"
- Struggle to accept responsibility for their actions
- (Lack foresight)
- Need for power or control
- Feel entitled or hold contempt
- Erroneous assumptions
 - Poor self-esteem
 - Learning issues
 - Poor social skills



Why are girls SO MEAN?!?

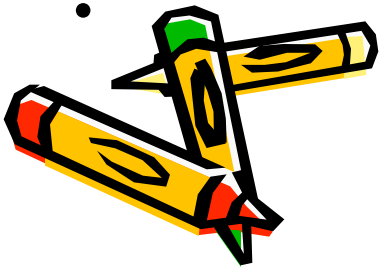
- Jealous
- Control
- Retaliation - "she did it first!"
- Bored
- Immature
- Don't know how to handle mad/sad/bad feelings
- Want to be close with the cool kid
- Annoyed
- Join in so they are not left out



The Bystanders

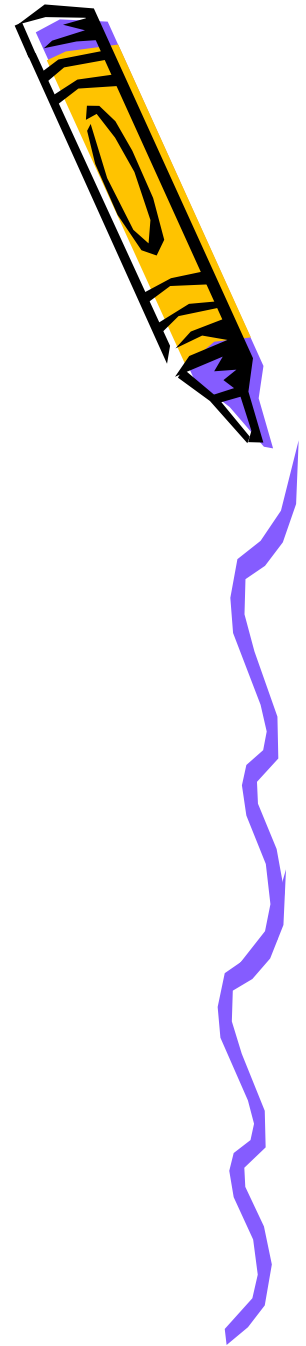
- Why don't they help?
 - Self-preservation "better to be with him than against him" or "better her than me"
 - Helpless "I didn't know what to do"
 - Avoidance "I'm not her friend so I don't get involved"
 - Secretly Agree with behavior "she is so annoying that she deserved it"
- Passive or active - no innocent bystanders

• BY-STANDERS HAVE ALL THE POWER



Interventions

WHAT DO I DO?
WHAT DON'T I DO?
HOW CAN I HELP?
CAN I HELP?



In General...Don't

- Assume innocence - even your angel does this
- Think all conflict is bad
- Think this reflects upon you so much
- Intervene at every little squabble
- Call another parent without telling your kid first!!!
- Underestimate how your understanding supports your child



☠ What NOT to do (girls)

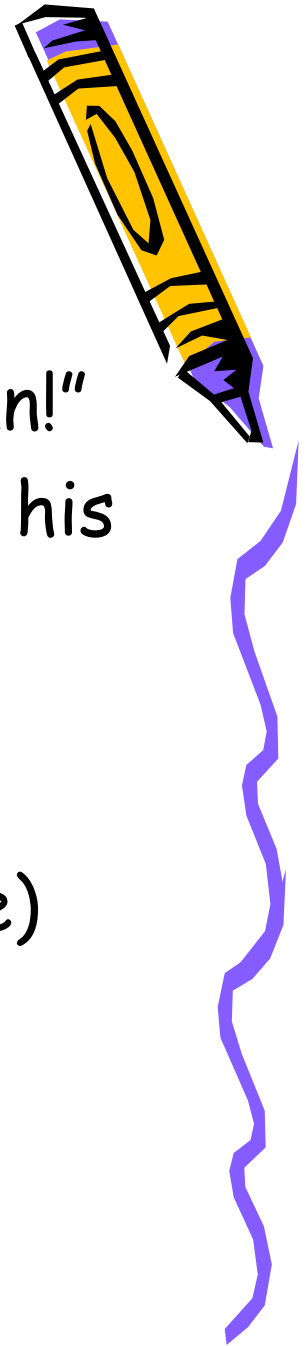
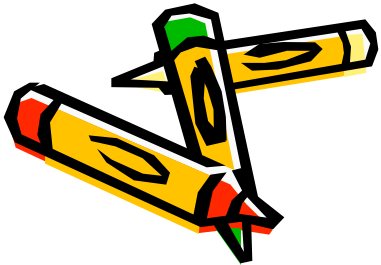


- ☞ The Blow-Off: *"They are just jealous"*
- ☞ The Return: *"If this is how she is going to treat you then she really isn't your friend"*
- ☞ Mother Bear: *"She is a spoiled brat, just like her mother"*
- ☞ Minimizing: *"Don't be so dramatic. I'm sure this will all blow over tomorrow"*
- ☞ Disconnected: *"Oh, who cares what they say?"*

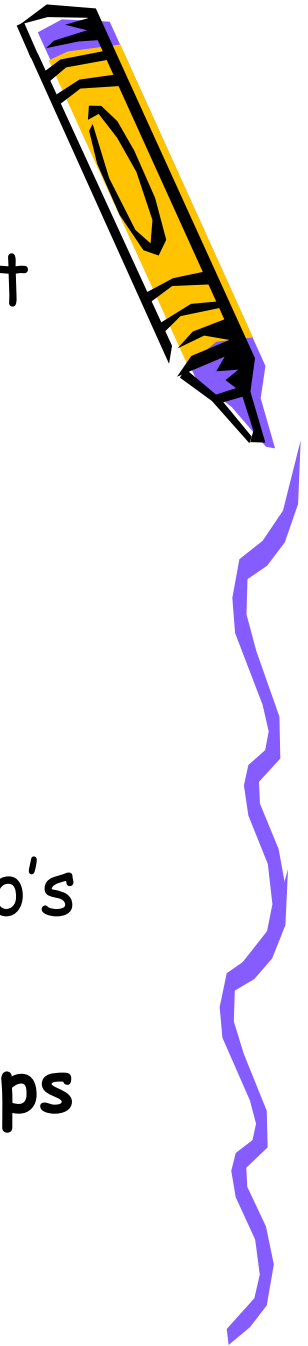


☠ What NOT to do (boys)

- ☞ The Blow-Off: "boys will be boys"
- ☞ Macho Man: "Come on - suck it up. Be a man!"
- ☞ The Return: "He is out of control just like his brother"
- ☞ Mother Bear: "Let me talk to him. I'll straighten him out."
- ☞ Fight the battle for him (but DO advocate)
- ☞ Teach him how to fight
- ☞ Give him one-liners



What CAN We do?



- 👍 Be Supportive and know you cannot "fix" it
 - 👍 "Babe -I'm sorry that happened. You must have been really upset. Tell me all about it"
 - 👍 Shut up and listen!
 - 👍 Respond vs. React
 - 👍 Separate YOUR issues from theirs; who's upset here?
- Be careful about "forbidding" friendships



What to say...

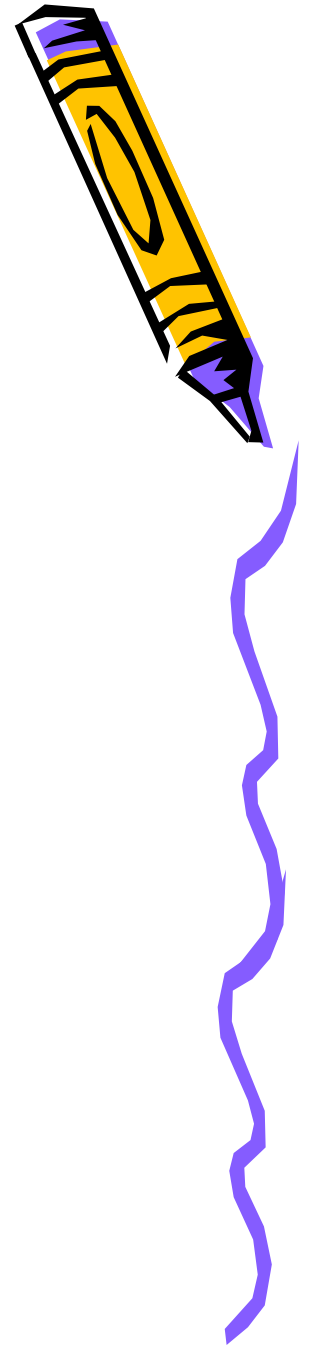


- 👍 Give emotional vocabulary
 - 👍 What were you feeling just before you hit him?
 - 👍 It sounds like you were feeling _____?
 - 👍 Sometimes when people do this they are feeling _____...
 - 👍 "That sounds really confusing. Let's think of some reasons why that happened"

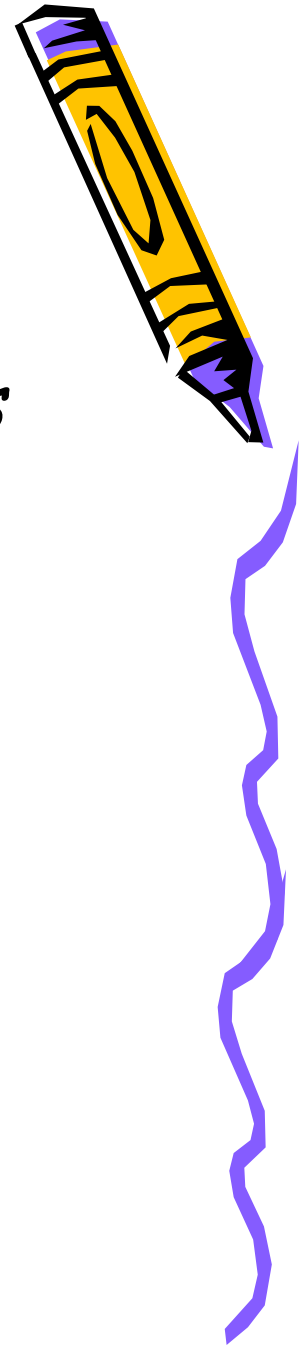


What else can I do?

- 👉 Foster a strong sense of self (you can only control yourself)
- 👉 **VALIDATION**
- 👉 Teach them to find allies
- 👉 **ROLE PLAY WITH YOUR KIDS**
- 👉 Seek help or 2nd opinions
- 👉 **CAMP!!- Outpost Summer Camp**
- 👉 **Social Skills Groups - FRIENDS**



More Specifically...



- 👍 *Diversify their peer base*
- 👍 *Monitor TV/video games/media activities*
- 👍 *Be involved but do not take over*
 - 👍 *undermine kids' abilities to problem-solve*
- 👍 *Conflict resolution skills at home*
- 👍 *Mentors (coaches, Big Brothers...)*
- 👍 *Demand curriculum in schools*
- 👍 *Teach and model critical thinking (let's replay this together)*

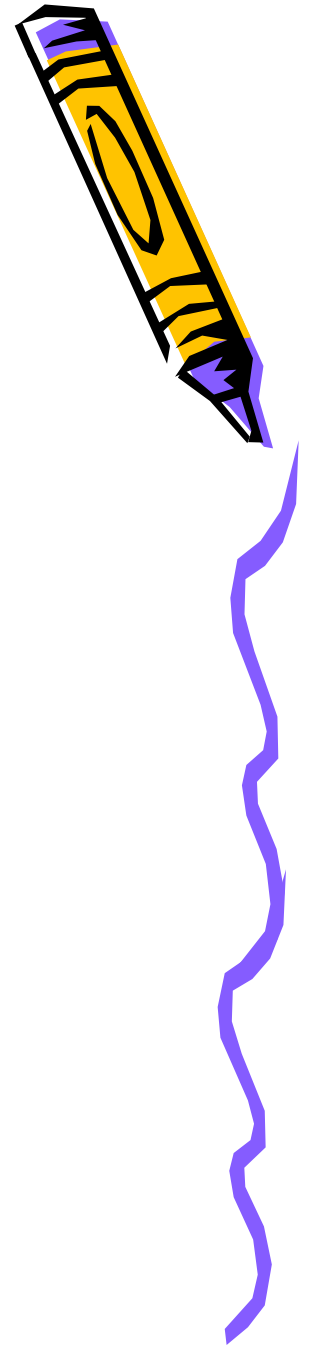




What is your personal policy?

- Why are kids on-line?
- Should kids be able to be on-line alone in their rooms?
- Is it OK to have a computer/phone/TV in room?
- Do parental blocks work?
- Do you know how to see your computer's history?
- Is it OK to have web cameras?
- At what age is a cell phone necessary?

My Workshops...





E-ggression

- MySpace...Face book...
Texting..IM...AOL....
- It is permanent
- Some texts are against the LAW
- Treats on-line are real (expelled)
- Even deleted messages can be found



“What do I do?”

- Pretend your parents will get a copy
- Don't TEXT when mad
- Send messages to yourself
- No body pictures
- Take a DRAMA break
- Practice Straight Talk

STRAIGHT TALK



When you are:

- 1.) Telling someone to stop doing something**
- 2.) Asking them for something, or**
- 3.) Politely saying “No” to a friend, there are 3 main ways of asking:**

PASSIVE



Passive

- **Not asking**
 - **Asking in an overly soft or quiet way**
 - **Getting someone ELSE to ask for you**
 - **Backing down quickly when you don't get what you asked for**
 - **Avoiding the topic all together**
- 💣 **When we are *passive* we are left with feels of frustration or anger because we did not speak up for what we thought or wanted.** 💣

AGGRESSIVE

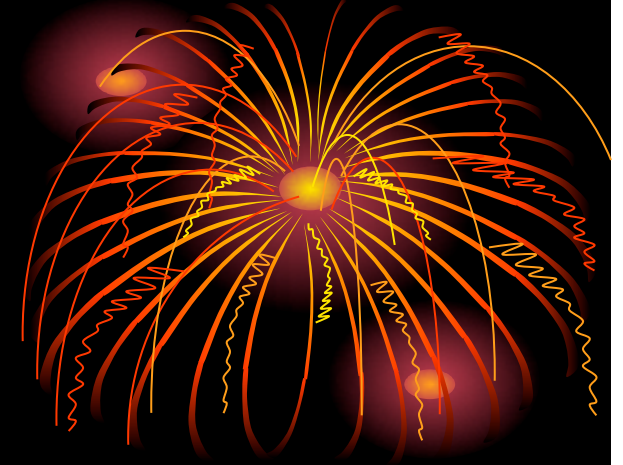


Aggressive

- **Demanding**
- **Threatening**
- **Intimidating**
- **Dominating over other people**
- **Being mean or rough**

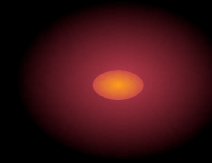
💣 **When we are *aggressive* we often have to apologize for being rude or might lose friends because we are being a bully. 💣**

ASSERTIVE



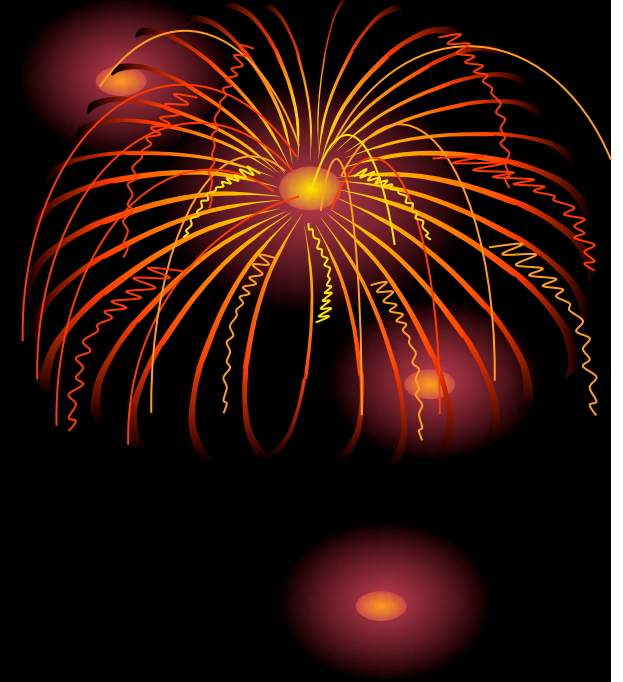
Assertive

- **Being strong without putting others down**
- **Being gentle but firm**
- **Respectfully disagreeing**
- **Being brave enough to say how you really think & feel**



Straight Talk

- **Straight Talk is...**
 - **Eye Contact**
 - **Tone of Voice**
 - **Facial Expression**
 - **“I” Statement**
 - **“I felt _____ when you _____”**
 - **Next time, I need you to _____”**



Straight Talk...

- **A NOT put-down. If you accuse, you loose**
- **Speaks for itself so LOOSE the TUDE**
- **Doesn't mean they will STOP, but it may help you feel better**



Role Plays/Q&A

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