

Five Tools for Finding Real Friendships in a Tech- Obsessed World



Everyone needs a friend and wants to feel included. Join us to learn more about how Garden City educators help students feel included and how you can foster inclusive friendships outside of school.

Garden City Parent University
2023

Welcome. We Are Glad You Came!

**TONIGHT'S
PANEL:**

Natalie Ciminera
Desiree Clemente
Amanda Hauser
Lynnette Skrivanek
Ted Cannone

Let's Start Some Dialogue...



How does it feel when we know we're being
included?

Go to menti.com and use code 54587085

How does inclusion happen in school?



Tools for Inclusion In School

- Purposefully bringing all students together to share learning and social experiences
- Creating classroom environments in which all students feel that their contributions and perspectives are equally valued and respected
- Teaching students empathy and to recognize that we all experience the world in different ways
- Differentiating and scaffolding instruction and learning experiences with purpose and intent
- Developing inclusive learning experiences that enable all students to feel success and show leadership
- Choosing curricular resources that are adaptable and accessible to all kinds of learners

There is no magic formula,
but there are (at least) 5
simple things we can do to
help our kids form and
maintain friendships...



Let's Continue The Dialogue...



How can parents help kids be more
inclusive of one another?

Go to [menti.com](https://www.menti.com) and use code
54587085

How We Can Take Actionable Steps?



- Facilitate
- Choose
- Encourage
- Model
- Discuss
- Build
- Join

- **Facilitate** events like parties and playdates so that activities are geared towards including *all* children.
- **Choose** language that makes others feel included. Talk with your child about how language affects our own mindsets and the feelings of others.
 - **Model** what it looks like to recognize and take responsibility for times when we *don't* behave inclusively.
- **Encourage** participation in varied extracurricular activities before and/or after school.
 - A child's "participation blueprint" helps connect him or her with students they may not befriend during the school day.

- **Model** what it looks like to deliberately include others (and talking with your children about the WHY for doing that).
- **Discuss** moments in books, movies, or TV shows to explore how characters might feel when they are included (*or excluded*) and ask how characters' feelings or behavior would change if things were different.
- **Build** resilience and perseverance to deal with times when we don't get included (and remind kids that we all experience that).
- **Join** a new club or activity with a buddy and *work together* to expand your social circle.

Remember these moments and take action to help your child feel them too

- I knew I belonged when...
- It felt great when I...
- If I could do it over, I would...
- It was a risk worth taking because...



RESOURCES

Ted Cannone • 5h

Five tips for finding friendships...

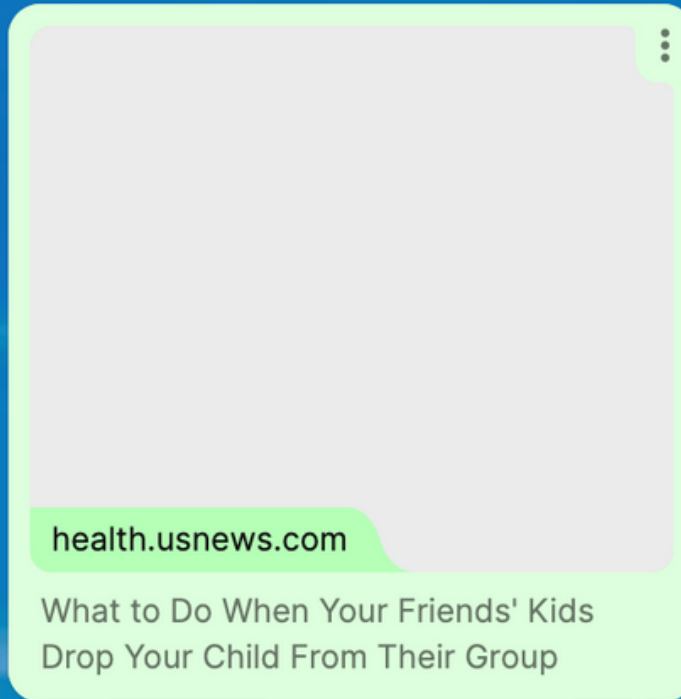
Parent University 2023



Helping Kids with Autism Make Friends | Marcus Autism Center



health.usnews.com



health.usnews.com

What to Do When Your Friends' Kids Drop Your Child From Their Group



pbs.org

Helping Your Child Make Friends Again | Parenting Tips & Advice



scholastic.com

5 Tips to Help Your Child Make New Friends



childmind.org

Kids Who Need a Little Help to Make Friends



health.usnews.com

The Most Common Reasons Kids Have Trouble Making Friends



health.clevelandclinic.org

Ways to Help Your Child Make Friends in School



pbsocial.org

3 Ways to Help Kids Make New Friends



understood.org

Help Your Middle-Schooler Make Friends | Trouble Making Friends in Middle School

CLOSING THOUGHTS

- Making friends is a process.
- Friendships require vulnerability, and vulnerability can be scary...or empowering!
- Not all friendships last forever. That's okay!
- Friends can come from unexpected places and experiences. ***Keep an open mind, and you'll meet amazing people!***



Thank You!