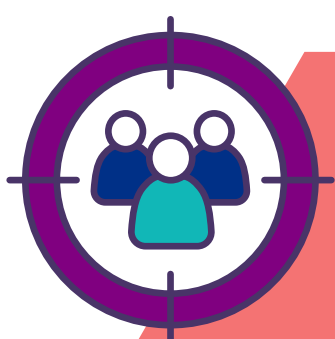


COMPASS BE

HEALTHY PEER RELATIONSHIP SERVICE



Your child/children has taken part in a Healthy Peer Relationship workshop in school delivered by Compass Be. Below are some helpful websites in relation to the topics that we have covered in the workshop with students, to allow further learning around these topics we have also attached helpful resources to look through at home. The best way for children and young people to build positive healthy friendships is to continue having open and honest conversations and let them know that you are always there to talk whenever they feel they need to!



Further Support & Information

Peer Conflict

<https://www.childline.org.uk/info-advice/friends-relationships-sex/friends/friendship-problems/>

Healthy/Unhealthy Friendships

<https://www.youngminds.org.uk/young-person/coping-with-life/friends/>

Peer Pressure

<https://www.mentallyhealthyschools.org.uk/factors-that-impact-mental-health/school-based-risk-factors/peer-pressure/>



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For more information on the Healthy Peer Relationship Service, please visit the site below

COMPASS-UK.ORG/HEALTHYPEERRELATIONSHIPS

<http://>



Helpful websites to support with privacy settings on social media

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>

<https://www.internetmatters.org/resources/social-media-safety-checklist/>

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/social-media/>