

When Friendships Change



Friendships
may change.
Belonging
doesn't have to.

*Helping children navigate friendship changes
with confidence and compassion.*

Sometimes friendships change quietly.

Children grow. Interests change. Classes change.

People spend time with different groups.

That doesn't always mean someone has
done something wrong.

Sometimes growing up simply means
friendships begin to look different.

It's okay if...

- ☐ A friendship feels different than it used to.
- ☐ Someone spends time with new people.
- ☐ You miss how things used to be.
- ☐ You feel confused about the change.
- ☐ You need time to adjust.
- ☐ You're still figuring out where you belong.



Remember

Not every friendship ends because someone made a mistake.
Sometimes friendships simply change
as children grow.

Friendships may change. Belonging doesn't have to.

Understanding the Change



Friendships may change.
Belonging doesn't have to.

One of the kindest things we can teach children is that changing friendships are a normal part of life.

They are not a sign that someone has failed.
They are part of growing.

A child may think...	A gentler reframe...
 They replaced me.	 They may be growing in a different direction.
 I did something wrong.	 Friendships can change without anyone being at fault.
 I have no one now.	 New connections can take time to grow.
 It will always feel like this.	 This feeling can change too.

What does not change

 Your kindness matters.	 Your interests matter.	 Your worth does not change.	 New friendships are still possible.
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Growing sometimes changes friendships—not your value.

Looking Forward

*When friendships change, it can be hard.
There can still be so much ahead.*

New connections, new experiences,
and new parts of yourself.
One small step at a time.



Friendships
may change.
Belonging
doesn't have to.

New connections might begin...



In a different class.



In clubs, activities,
or sport.



Through a
shared interest.



Through one
kind conversation.



During lunch
or recess.



Over time—
not all at once.

What I want to remember

When friendships change...



One thing I'm looking forward to

This term...



Friendships come and go throughout life.
The people around us may change.
The places where we belong can grow.
And every new connection begins with one small moment.

Belonging grows through many friendships—not just one.