

Nurturing Healthy Friendships

Frameworks™ of Tampa Bay

10/14/26

"Our mission is to equip every child in Tampa Bay with the knowledge and know-how to become kind, collaborative, and capable citizens."

Frameworks™ of Tampa Bay

What is EQ?

Emotional Intelligence (EQ) is the ability to **identify and manage** our feelings and emotions, to **understand and be aware of** them in others, and use this information to **guide our thinking and actions.**



Frameworks™ of Tampa Bay

Tonight's Purpose

Purpose: Help our kids build the skills they need to develop and maintain healthy friendships.

Goals:

- Review skills needed for friendships, like kindness, empathy, communication, emotional regulation, and trust
- Learn how to support kids through friendship challenges and changes
- Learn how to model friendship skills and know when to listen or step in



Frameworks™ of Tampa Bay

"Friendship is born at that moment when one person says to another, 'What! You too? I thought I was the only one!"

- C.S. Lewis

Frameworks™ of Tampa Bay

Chat Share

Why are friendships so important? What do we gain from our friendships?



Frameworks™ of Tampa Bay

Why Friendships Matter

BELONGING: I have people who know me and care about me.

WELL-BEING: My connections with others support my mental and physical health.

GROWTH: My friendships help me practice important relationship skills.

IDENTITY: My friends help me discover who I am and what matters to me.

RESILIENCE: My friendships help me handle challenges, repair relationships, and move forward.



Frameworks™ of Tampa Bay

What IS Friendship?

Friendship is a relationship built on...



Frameworks™ of Tampa Bay

Friendship Skills

Friendship skill:	What it looks like:
Kindness & Care	I show others that they matter.
Empathy	I notice how someone else might be feeling.
Communication	I listen, express myself, and work things out.
Emotional Regulation	I manage big feelings without taking it out on others.
Trust & Reliability	I keep my word and show others they can count on me.
Repair & Problem-Solving	I can apologize, forgive, and work through conflict.

Frameworks™ of Tampa Bay

Rank & Defend

Which skills are easiest for your child? Which ones are the hardest? Rank them in order based on your child.

Kindness & Care
Empathy
Communication
Emotional Regulation
Trust & Reliability
Repair & Problem-Solving

Frameworks™ of Tampa Bay

How Children Learn Skills

1. They watch it.

Our kids learn about relationships by watching ours.

- How do we speak to others?
- How do we show appreciation and care?
- How do we handle conflict?



Frameworks™ of Tampa Bay

How Children Learn Skills

2. They practice it.

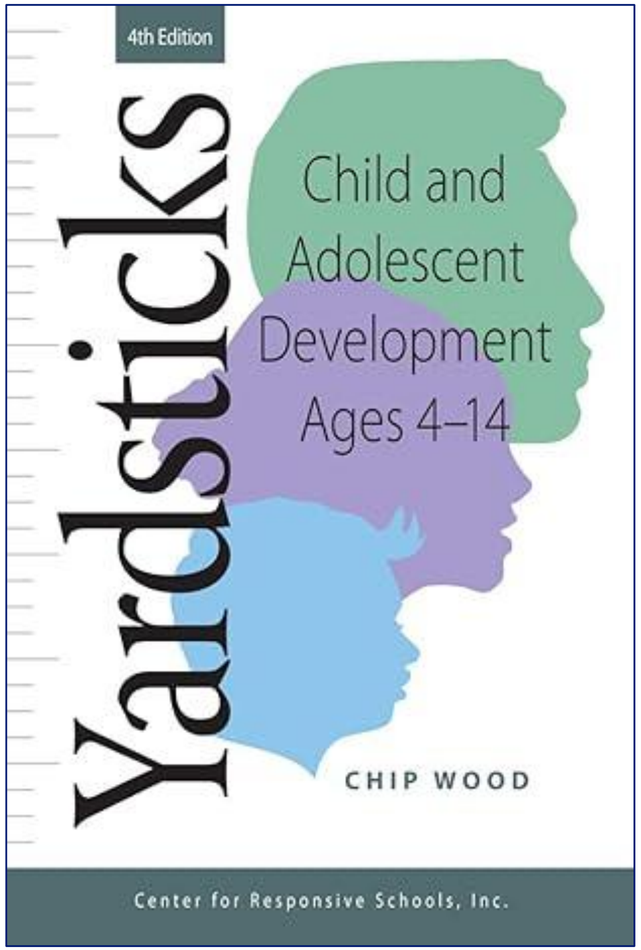
Friendship skills grow through practice, just like any other skill.

- Early elementary (ages 4-6)
- Elementary school (ages 7-10)
- Middle school (ages 11-13)
- High school (ages 14+)



Frameworks™ of Tampa Bay

Resources







Frameworks™ of Tampa Bay

Early Elementary (ages 4-6)

What's happening at this age:

- Friendships outside of the home begin
- Learn by watching
- Still very literal
- Start to manage big feelings, but sometimes difficult
- Cooperation and empathy start to develop

Friendship skills:

- Sharing
- Taking turns
- Using kind words
- Including others
- Handling big feelings, like disappointment and frustration

Frameworks™ of Tampa Bay

Early Elementary (ages 4-6)

How to support at home:

- Practice sharing
- Read books about friendships
- Provide opportunity for activities with others (play dates)

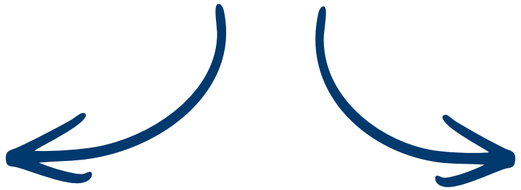


Frameworks™ of Tampa Bay

Early Elementary (ages 4-6)

How to support at home:

- Model emotional regulation: Show through **words** & **actions**



Actions:

Stop, pause, use a strategy

Words:

“We can feel angry or frustrated with friends, but when we feel that way, we should stop, pause, and count to 10, take three long breaths, or get a drink of water.”

Frameworks™ of Tampa Bay

Elementary School (ages 7-10)

What's happening at this age:

- Become more independent
- Notice and compare themselves to others
- Strong sense of right and wrong
- Become more empathetic
- Navigage stronger emotions, changing moods, and fitting in

Friendship skills:

- Choosing good friends
- Kindness and inclusion
- Communication
- Conflict resolution
- Building trust
- Learning to compromise

Frameworks™ of Tampa Bay

Elementary School (ages 7-10)

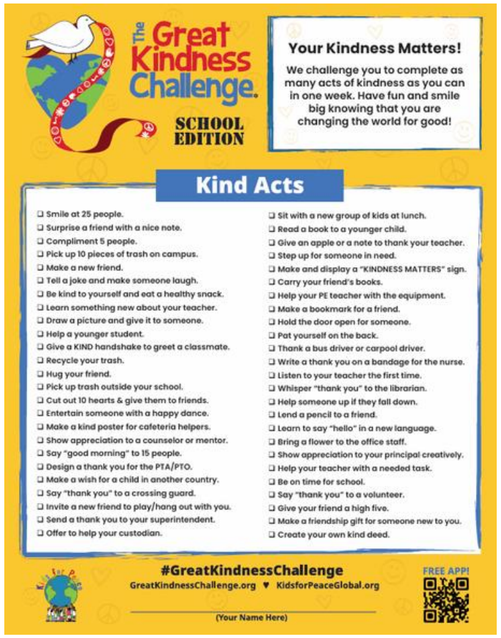
How to support at home:

- Model kindness
- Talk about making friends
  - Practice introducing themselves
  - Include others who are alone
  - Get to know new people
- Talk about healthy friendships
  - "I feel safe, supported, and valued."
- Build empathy

"How do you think that person felt?"

"If that happened to you, how would you feel?"

Kindness Challenges





Frameworks of Tampa Bay

Group Share

What stood out to you? What connected with your own experiences?



Frameworks™ of Tampa Bay

Middle School (ages 11-13)

What's happening at this age:

- Become more independent
- Begin to shape their identity
- Become more self-conscious about their looks and how others see them
- Question rules and authority
- Experience stronger emotions and react quickly to embarassment

Friendship skills:

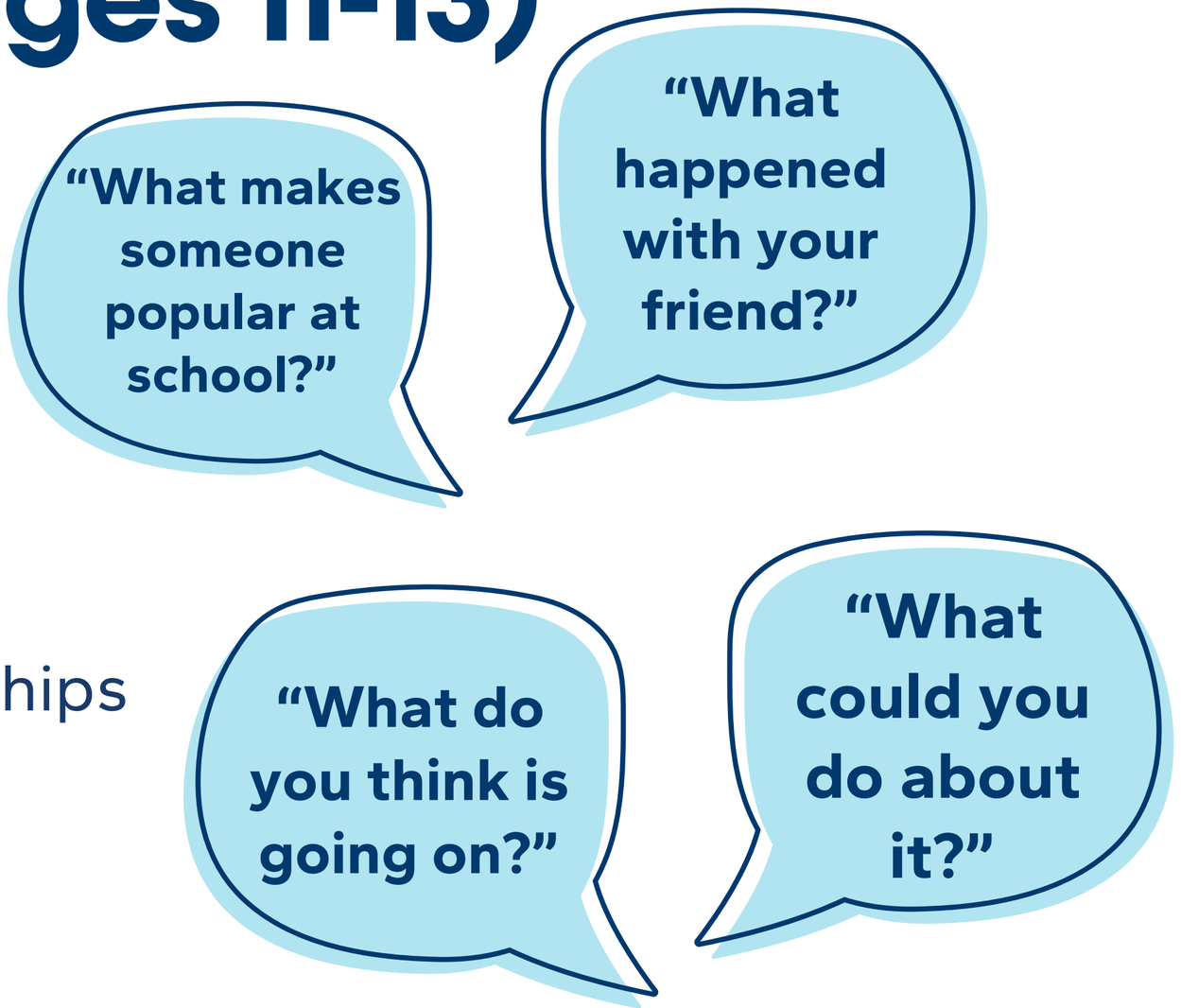
- Handling changes in friendships
- Building trust and loyalty
- Communication and working through conflict
- Establishing boundaries and respect

Frameworks™ of Tampa Bay

Middle School (ages 11-13)

How to support at home:

- Ask, don't assume
- Build confidence beyond friendships
  - Compliment their effort
  - Notice their strengths
- Normalize changing friendships
- Help them think it through
- Know when to step in:
  - Bullying, cruelty, safety



Frameworks™ of Tampa Bay

High School (ages 14+)

What's happening at this age:

- Explore identities, values, interests, and future goals
- Seek separation from family, friendships matter
- Develop stronger empathy and self-awareness
- Compare themselves to others
- Deal with social pressure and expectations

Friendship skills:

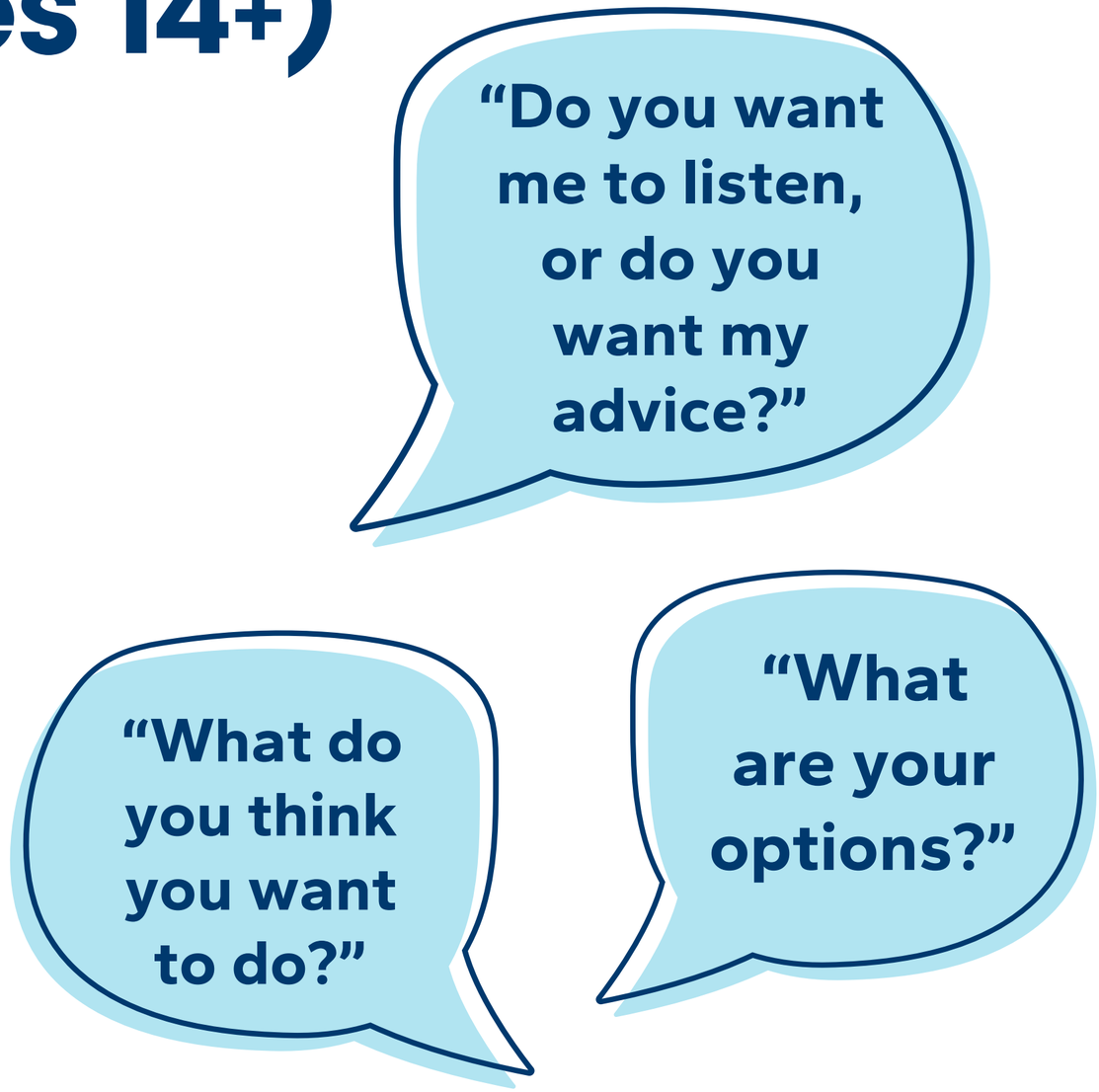
- Communication and honest expression
- Trust and vulnerability
- Supporting others while maintaining their own well-being
- Making indepenent, responsible choices

Frameworks™ of Tampa Bay

High School (ages 14+)

How to support at home:

- Normalize insecurities
- Help build self-esteem and confidence in themselves
  - Acknowledge effort
  - Notice their strengths
- Prioritize listening over giving advice
- Be a sounding board
- Stay connected without hovering



Frameworks™ of Tampa Bay

Group Share

What stood out to you? What connected with your own experiences?



Frameworks™ of Tampa Bay

Advice Column

My child came home upset because their best friend said something hurtful at lunch. Now they're saying, 'I'm never talking to them again.'

What advice do you have? What could the family do?

Frameworks™ of Tampa Bay

Advice Column

My child found out that a group of friends got together over the weekend and didn't invite them. They're feeling embarrassed and wondering if their friends even like them anymore.

What advice do you have? What could the family do?

Frameworks™ of Tampa Bay

Advice Column

My child has been friends with the same person for years, but they don't seem to have much in common anymore. My child is starting to spend time with a different group and feels guilty about it.

What advice do you have? What could the family do?

Frameworks™ of Tampa Bay

Key Take Aways

Three ideas that can apply to kids of all ages:

Stay curious! Ask questions and listen before jumping in.

Model friendship skills, and show them what kindness and empathy look like.

Normalize the hard stuff. Friendships shifts, conflict, and hurt feelings are part of growing up.

Frameworks™ of Tampa Bay

Next Steps

What ideas from today stuck with you?

What is one thing could you commit to trying with your child?

Frameworks™ of Tampa Bay

Feedback Survey



Private Schools 10/14/26 Nurturing Healthy Friendships (English)


Thank You!
Frameworks™
Foundational skills for lifelong success