

## Your social network

Your friends over the last five years will have been some of the most influential people in your life and right now, maintaining that social connection can be really difficult, especially in the transition to a new school. The coronavirus pandemic means that you are experiencing endings without the usual social support systems of schools and activities, such as having a Prom later in the year rather than in June as planned.

Sustaining social ties with friends, siblings and other loved ones (online and by phone for instance) is important to help you feel connected and supported. Set up virtual chat sessions, Facetime people and set up those times where you can physically see each other.



### What can I do?

It is important that you:

- Arrange a virtual get together with your friends now. You can even organise an event or series of events on a regular basis. It is important to physically see your friends, not just read their messages.
- Make sure you know where your friends are going in September and you have already planned how you will stay in touch. You could even arrange a virtual get-together in October to catch-up.
- Make sure you don't just have all your contact details in your phone if you won't see someone on a day-to-day basis – what happens if your phone breaks?
- Send a friend a positive message once a week, at least. Let them know you're thinking of them.

Here are some links you or other people at home might find useful:

- [Random Acts of Kindness](#)
- [Parents: How to talk to your kids about fake news](#)

