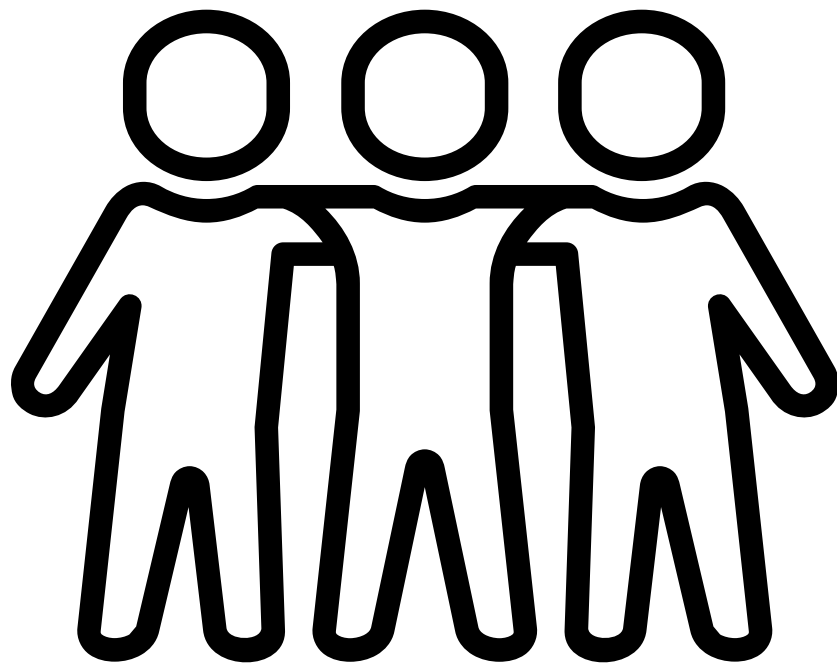


# **FRIENDSHIP AGREEMENT GUIDE**

**ESTABLISH HEALTHY BOUNDARIES,  
CLEAR EXPECTATIONS, AND OPEN  
COMMUNICATION**



# WHAT IS A FRIENDSHIP AGREEMENT?

Monitoring your child's friendships helps ensure their safety, well-being, and healthy social development. However, it's crucial to strike a balance between supervision and respecting the child's privacy.

Here are some tips to help you establish healthy boundaries for monitoring your child's friendships:

- **Open Communication:** Maintain open and honest communication with your child about their friends. Encourage them to share their experiences and feelings without fear of judgment.
- **Know Their Friends:** Get to know your child's friends and their parents whenever possible. Invite them over to hang out or to family gatherings to develop a better understanding of their social circle.
- **Set Age-Appropriate Boundaries:** Tailor your monitoring approach based on your child's age and maturity level. Younger children may require more direct supervision, while older children may need more privacy and trust.
- **Monitor Online Interactions:** Keep an eye on your child's online interactions, especially if they have virtual friendships. Be aware of the social media platforms they use and their online activities.
- **Observe Behavior Changes:** Pay attention to any sudden changes in your child's behavior, mood, or academic performance that might be connected to their friendships.
- **Teach Critical Thinking:** Help your child develop critical thinking skills to recognize and handle negative influences or potentially harmful situations.
- **Discuss Healthy Friendships:** Talk to your child about the qualities of a healthy friendship, such as mutual respect, trust, and support.
- **Address Bullying or Negative Behavior:** If you notice any signs of bullying or negative behavior from their friends, address the issue promptly and discuss appropriate actions with your child.
- **Encourage Social Activities:** Encourage your child to engage in a variety of social activities and develop friendships outside of school to broaden their social circle.
- **Be a Positive Role Model:** Demonstrate healthy and positive friendships in your own life, so your child has a model to follow.
- **Stay Informed About Social Events:** Stay informed about your child's social calendar and any gatherings they plan to attend.

Remember that monitoring is not about controlling your child's friendships but about ensuring their well-being and providing guidance when needed. Encourage open dialogue and trust between you and your child, and maintain a balance between involvement and giving them room to grow and develop their own friendships.

# HOW DO I CREATE A FRIENDSHIP AGREEMENT?

- **Initiate the Conversation:** Begin by having an open and relaxed conversation with your child about their friends and the influence their friends have on their lives. Explain the purpose of the agreement and that it's a collaborative effort to ensure their safety and well-being.
- **Involve Them in Writing:** Sit down together and write the agreement. Use positive language and avoid sounding overly restrictive. Within this packet, there is a list of options you could include in your agreement. You can select the agreements you would like to apply, edit them, or add your own.
- **Consequences:** Outline the consequences of not following the agreement. Ensure the consequences are fair and reasonable.
- **Sign and Display:** After both of you agree on the terms, sign the agreement together. You can also make a copy and display it in a visible place to serve as a reminder.
- **Revisit and Update:** As your child grows and gains more freedom, revisit the agreement regularly and make necessary adjustments.
- **Keep the Conversation Open:** Encourage your child to talk to you if they have questions or concerns, or if they want to negotiate certain aspects of the agreement.

# FRIENDSHIP AGREEMENT SUGGESTIONS

Not all of the listed suggestions need to be used in your agreement with your child. Every parent and child are different and expectations can vary from family to family. The point of the suggested agreements is to spark intentional conversation about how friendships can have a major influence on your child's life and those relationships should be carefully considered. Use the suggestions you think are applicable, delete the suggestions that don't work for you and your child, and add anything else that will meet your expectations.

- I am allowed to spend \_\_\_\_\_ hours with my friends each week outside of school and extracurricular activities.
- I will obey the curfew and be home when I am supposed to be home.
- I will be where I am supposed to be and let my parents know when I go somewhere else.
- I will only spend the night at a friend's house when my parents have met the friend's parents.
- The places I go to and the people I hang out with will be honoring to God and represent my family well.
- I will not go to the opposite gender's house without a parent at home or without parental permission.
- I will not go to anyone's house if their parents are not home.
- If drugs or alcohol are present or illegal activity taking place, I will leave the situation.
- My parents may limit or restrict time with someone if they are bullying me, pressuring me to do wrong things, having serious behavioral/legal issues, negatively impacting my academic success, or leading me astray by teaching me bad habits, values, or attitudes.

# FRIENDSHIP AGREEMENT

## EXPECTATIONS

## CONSEQUENCES

*I risk the following consequences if I do not meet the expectations above:*

## SIGNATURES:

Child: \_\_\_\_\_ Date: \_\_\_\_\_

Parent: \_\_\_\_\_ Date: \_\_\_\_\_

Parent: \_\_\_\_\_ Date: \_\_\_\_\_