

### **How do I help my child resolve emerging social conflicts with peer relationships?**

A: In both middle and high school, hurt feelings in peer relationships are common and can lead to stress as well as be a point of growth for youth. Parents are most helpful to teens and preteens when they take the social distress in stride and have [strategies to coach them to resolve the conflict on their own](#).

However, it's important to be aware of when the concern is social disagreement or bullying. Often social conflict with teens involves a misunderstood comment, a spilled secret, feeling left out of a video chat, or a one-sided friendship. In resolving disagreements, it is challenging for this to happen via email or text where they cannot see each other. Suggest to your child to use video chat to resolve these conflicts to see body language and tone of voice to avoid miscommunication. Also encourage your child to avoiding late night attempts to resolve conflict. It's a delicate balance between teaching children to stand up for themselves while being respectful to others.