



Helping Kids Cope with Cliques

The term clique refers to small groups of people with similar interests and/or lives and typically do not allow new people to join them. A clique is often hostile towards others, possibly teasing or rejecting them. The social climate of school can be very difficult for some students, but there are ways to help. Here are some tips for talking to your child about cliques.

Listen to your child. Let them share their story. Be nonjudgmental. You might be the only one they feel comfortable talking to, which makes your reaction important. You want to validate the child's feelings and allow them to express their current feelings.

Share your story. Social structures within schools have been consistent for years. Whether you belonged to a sports team or an academic club, chances are your school had cliques. Share your experience with your child to help them feel less alone and possibly come up with an action plan. If your story does not fit theirs, try to find a book or movie that is similar.

Find similar interests. Although this may seem similar to a clique, it is still a great idea for a child to find friends with similar interests. This will give them friends that relate to each other and enjoy spending time together. It is recommended to find multiple groups of people to socialize with.

Join extracurriculars. If the social climate at school is stressful or unwelcoming, consider activities in other locations. Many communities have other sports and clubs at local churches, recreation centers, libraries, and more. This may provide a more welcoming environment for your child.

Teach them to speak out. If your child is describing cliques that bully, let them know to not fight back. Find an adult to help stop the bullying on the spot. Talk to an adult you trust. Don't keep your feelings inside. Telling someone can help you feel less alone.

Use it as a teaching moment. Remind your child how rejection feels and that it is the same for others. If they don't want others to feel the way that they do, they should be inclusive and accepting.

Encourage your child. Remind them that social status is not everything. Point out their strengths and talents. Encourage their individuality and self-expression. Each person is different, which makes us beautiful; make sure your child knows you support them as they are.

If you need help... If you have questions about cliques, reach out to a trusted adult. This could be a parent, teacher, coach, counselor, etc.



GHS is here to help. For questions about services call us at 810-257-3705.

For mental health emergencies call us at 810-257-3740, 24 hours a day. TTY users call 810-232-6310.