Think Your Friendship Might be Ending?

Often girls are bullied by their own friends. If you have spoken up about the bullying and it hasn’t stopped you may want to consider ending the friendship. It is painful to realize that your friendship may be ending. This could mean that not only is your friendship ending with one girl, but it could be ending with a whole group.

It may have been a long time since you have had a healthy friendship so **ask yourself these questions about your friendships:**

* Are you more interested in being in a clique or group of girls who bully you or are you more interested in healthy respectful friendships?
* Do you often feel manipulated or feel like they do not care about you?
* Do they make you feel bad about yourself and the choices you make?
* Do they pressure you to do things, like talk to boys, or spread gossip about others, and if you don’t do these things do they threaten to get mad at you?
* Do you want to have others control what you do?
* Do you want your friends to verbally disrespect you and harass you?

Determine where you draw the line. You may be better off without these girls:

1. If the friendship is ending, stay away from the group.
2. Do not hang out where they are.
3. For a short period of time, find something you can do at lunch time, such as work in the art room, help tutor other students, or be a teacher’s aide.
4. Try to make new friends. Accept that this could mean being friends with girls who are less popular.
   1. Having a supportive network of friends will help you feel better and boost your self-confidence.
5. This group has probably had other casualties. Even if you were part of the problem, seek out friendships with the girls who have also been victims.
6. If the girls who bullied you want to be friends again:
   1. Learn from the past.
   2. Take baby steps.
   3. Ask for an apology.
   4. Express your feelings about the situation.
7. Continue to try to make friends outside of the group.