

PARENT DISCUSSION GUIDE

CONVERSATION STARTERS FOR YOU AND YOUR DAUGHTER

AMY WEATHERLY & JESS JOHNSTON

I'LL BE
THERE

(AND LET'S
MAKE
FRIENDSHIP
BRACELETS)



A Girl's Guide
to Making and
Keeping Real-Life
Friendships



I'll Be There (And Let's Make Friendship Bracelets) is meant to inspire important conversations about friendship for tween and teen girls. Your daughter may tackle some big questions on her own, but she will be able to dive much deeper with your guidance.

Whether you're reading the book together or she's embarking on a solo journey, this guide provides an opportunity to further discuss the material in each chapter. You'll find questions to help your daughter reflect and apply the lessons to her life, and you'll have chances to share your own stories so she can learn and grow from your experiences.

Allow these conversations to remind both you and your daughter that you're not alone. No matter your age or phase of life, we all need to work at this friendship thing. With just a little effort, we can create a sisterhood that's unique and quirky and beautiful and fun—just like the greatest friendship bracelets.

CHAPTER 1: WHEN YOU REALLY NEED A FRIEND (YEAH, US TOO)

- Ask: “What kind of friendships do you wish you had? Do you have any friends you could form that type of friendship with?”
- Ask: “How do you feel about trying to make new friends? Excited? Nervous? Or something else? Why do you feel that way?”
- Share: Tell your daughter about your best friend when you were her age. What made your friendship so special?
- Review: Did your daughter write any notes for you in this chapter? Why did those things stand out to her?

CHAPTER 2: WHEN YOU'RE LONELY

- Ask: “The next time you feel lonely, what tips from this chapter will you try so you can stop feeling that way?”
- Ask: “Which of the five ways to make new friends (listed on page 26) sound best to you? Have you tried any of them before? How did they work? Which one do you want to try next?”
- Share: Tell your daughter about a time you felt lonely—whether you were her age or an adult. What did you do about it?
- Review: Did your daughter write any notes for you in this chapter? Why did those things stand out to her?



CHAPTER 3: WHEN IT TAKES TIME TO LEVEL UP YOUR FRIENDSHIPS

- Ask: “Tell me about one friend you have at each of the four levels of friendship (listed on page 31). Do you want to level up any of those friendships? How might you do that?”
- Ask: “Do you feel hopeful about your friendships? What baby step could you take to feel more hopeful or excited?”
- Share: Tell your daughter about the last time you put yourself out there and made a new friend. Did you feel a little awkward? How did you overcome that?
- Review: Did your daughter write any notes for you in this chapter? Why did those things stand out to her?

CHAPTER 4: WHEN YOU DON'T FEEL CONFIDENT

- Ask: “Have you always believed you are a friend worth having? Why or why not?”
- Ask: “How do you feel about social media? Do you often compare yourself to girls you see on social media? (Or, if you don't have a social media account, do you compare yourself to girls who use social media?)”
- Share: Tell your daughter about a time you didn't feel confident and wish you had been. How would that confidence have changed things for you?
- Review: Did your daughter write any notes for you in this chapter? Why did those things stand out to her?



YOUR
WORDS
HAVE
POWER

CHAPTER 5: WHEN YOU'RE PRETTY SURE YOU'VE BEEN TRICKED

- Ask: “Have you believed any of the friendship lies from this chapter? Which one do you struggle with the most?”
- Ask: “Which of the three truths (listed on pages 71–72) have you struggled to believe?”
- Share: Tell your daughter about the friendship lies you’ve believed in the past. How did you kick these lies to the curb?
- Review: Did your daughter write any notes for you in this chapter? Why did those things stand out to her?

CHAPTER 6: WHEN SOMEONE DOESN'T LIKE YOU

- Ask: “How do you feel when you know someone doesn’t like you? How do you act around that person?”
- Ask: “What’s something unique about you? If someone doesn’t like this thing about you, what should you do?”
- Share: Tell you daughter about how you try to be authentic. How does this impact the health of your friendships?
- Review: Did your daughter write any notes for you in this chapter? Why did those things stand out to her?

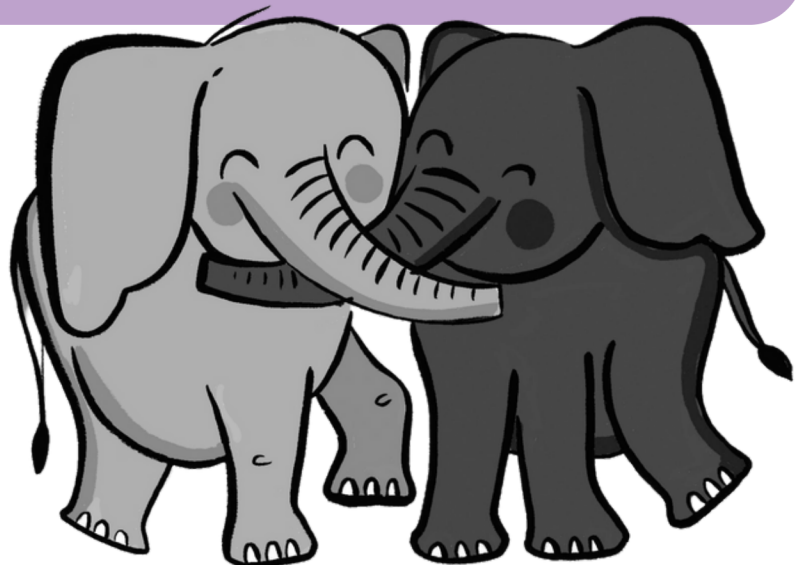


CHAPTER 7: WHEN EVERYONE SEEMS FAKE

- Ask: “Are there any parts of yourself that you feel you have to hide? Do you have any hobbies or interests or quirks that you minimize or try to pretend you don’t have? Why is that?”
- Ask: “Review the process for finding real friendships (listed on pages 105–06). How could you take the first step—get real—today?”
- Share: Tell your daughter about one part of your life that’s a “mess.” Have you let your friends into that mess? Did you always? Why is it important to share this part of yourself with your friends?
- Review: Did your daughter write any notes for you in this chapter? Why did those things stand out to her?

CHAPTER 8: WHEN YOU’RE FEELING LEFT OUT

- Ask: “Have you ever been part of a clique or wanted to be part of a clique? How can you make sure your friend group doesn’t become a clique in the future?”
- Ask: “When was the last time you felt left out? What made you feel that way? Which of the reminders listed on pages 117 and 120 help you feel less hurt by that experience?”
- Share: Tell your daughter about a time you tried to force your way into a group that didn’t have an open spot. How did that make you feel? What made you realize you should look for other friends?
- Review: Did your daughter write any notes for you in this chapter? Why did those things stand out to her?

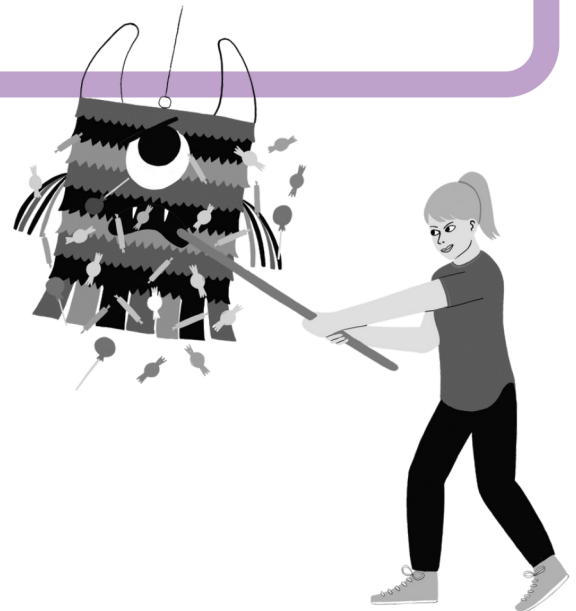


CHAPTER 9: WHEN YOU'RE TIRED OF COMPETING

- Ask: “Do you have any friends you feel the need to compete with—or friends who seem to be competing with you? What could you do to change that dynamic?”
- Ask: “When was the last time you celebrated a friend? What’s something you could do this week to celebrate one of your friend’s wins? How can I help you do that?”
- Share: Tell your daughter about a time when you felt jealous of one of your friends. What did you do with that feeling? In retrospect, do you wish you had handled things differently?
- Review: Did your daughter write any notes for you in this chapter? Why did those things stand out to her?

CHAPTER 10: WHEN YOU'RE A BAD FRIEND

- Ask: “When you mess up in your friendships, how do you usually react? Do you apologize? Do you “cancel” your friendship? Next time, what will you do to clean up your mess?”
- Ask: “How do you feel after you apologize to a friend? Do you expect forgiveness right away? Do you hold on to the conversation for a long time afterward? Next time, what could you do to move on after your apology?”
- Share: Tell your daughter about a time when you forgave a friend or needed to ask a friend for forgiveness. What happened? What did you both do afterward?
- Review: Did your daughter write any notes for you in this chapter? Why did those things stand out to her?



CHAPTER 11: WHEN YOU'VE HAD A FRIEND BREAKUP

- Ask: “What have you learned from your friend breakups? How have these past experiences affected the way you approach friendships today?”
- Ask: “What can you do to start fresh and make sure the baggage from old friendships doesn’t follow you into your new relationships?”
- Share: Tell your daughter about a friend breakup that was for the best—and one you wish you’d handled differently. How did you grow from both experiences?
- Review: Did your daughter write any notes for you in this chapter? Why did those things stand out to her?

CHAPTER 12: WHEN YOUR WORDS MATTER

- Ask: “Have you ever said something mean about someone else? The next time you want to say something mean, how can you use your words for good instead?”
- Ask: “Is it easy for you to be honest with your friends when they hurt your feelings, or is this hard for you? How do you usually react when a friend hurts your feelings?”
- Share: Tell your daughter about a time when someone said something unkind about you. How did it make you feel? What did you do? Do you wish you had handled it differently?
- Review: Did your daughter write any notes for you in this chapter? Why did those things stand out to her?



But You
ARE!
Brave.
you **CAN**
Do this.