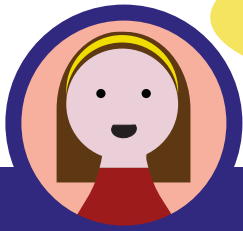


# That's What Friends Are For!

## International Day of Friendship – 30 July 2022

Why is friendship so important?



Friendship, and the social support it provides, is consistently associated with less psychological distress in children and young people (King & Terrance, 2008; Klineberg *et al.*, 2006; Roach, 2018).

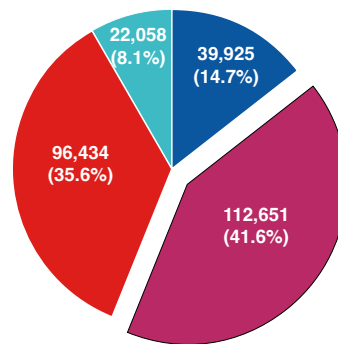
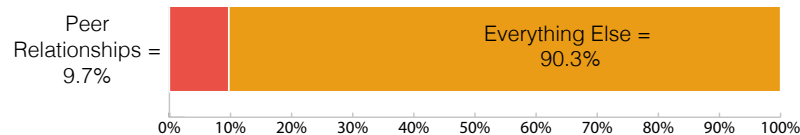
It is also related to other important outcomes in a child or young person's life, such as school attainment (Ng-Knight *et al.*, 2019) and well-being (Bayer *et al.*, 2018). It may even act as a buffer against many mental health problems (Van Droogenbroeck *et al.*, 2018) such as depressive symptoms and loneliness (Nangle *et al.*, 2003), as well as against issues that may arise from negative events in children's lives – suffering from bullying, for example (Bayer *et al.*, 2018). For these reasons, it is crucial for children and young people to maintain positive relationships with their peers. Child helplines can support children and young people in those efforts by providing guidance and building the skills necessary to foster these positive relationships (friendships, romantic relationships and so on).

Every time a child or a young person contacts a child helpline, the child helpline takes note of that contact. This child helpline data sheds light on the concerns of children and young people, directly through their own voices.

We received data from 69 of our child helpline members who reported counselling contacts relating to **Peer Relationships** in 2021. Almost 1 in every 10 children or young people (up to the age of 24 years old) who reached out to a child helpline in 2021 made contact due to a concern relating to their relationship with a peer.

In 2021, our child helpline members around the world reported a total of 271,068 contacts about Peer Relationships, out of a total of 2,800,826 counselling contacts. This means that Peer Relationships accounted for **9.7% of all counselling contacts**, showing how concerned children and young people are with their peer relationships. **Almost half of the peer relationships contacts in 2021 related to Friends and Friendships (41.6%) with 112,651 contacts.**

### REASONS FOR COUNSELLING CONTACTS 2021



### GLOBAL CONTACTS RELATING TO PEER RELATIONSHIPS

- Classmates/colleagues
- Friends and Friendship
- Partner Relationships
- Unspecified/other



### CONCLUSION!

Positive peer relationships are a crucial aspect of the well-being of children and young people.

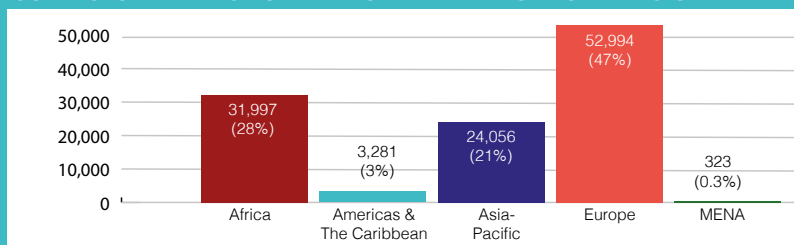
As children and young people strive to maintain these positive relationships, child helplines play a crucial role in supporting them, all over the world.

### Regional Focus

**Friends and Friendships** was the largest subcategory of peer relationships in the Africa, Asia-Pacific and MENA regions.

In the Americas and the Caribbean and in Europe, **Friends and Friendships** was the second largest subcategory, following Partner relationships.

### CONTACTS RELATING TO FRIENDS AND FRIENDSHIPS BY REGION





## REFERENCES

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**King AR & Terrance C (2008).** *Best Friendship Qualities and Mental Health Symptomatology Among Young Adults.* *Journal of Adult Development*, 15(1), 25–34. <https://doi.org/10.1007/s10804-007-9031-6>

**Klineberg E, Clark C, Bhui KS, Haines MM, Viner RM, Head J, Woodley-Jones D & Stansfeld SA (2006).** *Social support, ethnicity and mental health in adolescents.* *Social Psychiatry and Psychiatric Epidemiology*, 41(9), 755–760. <https://doi.org/10.1007/s00127-006-0093-8>

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## RESPONDENT CHILD HELPLINES

### Africa

Botswana	Childline Botswana
Burundi	Yaga Ndakumva
Kenya	Childline Kenya
Malawi	Tithandizane Helpline 116
Namibia	Lifeline/Childline Namibia
Sierra Leone	EEHR Sierra Leone Child Helpline
South Africa	Childline South Africa
Tanzania	Tanzania National Child Helpline
Uganda	Sauti 116
Zambia	LifelineChildline Zambia
Zimbabwe	Childline Zimbabwe

### Americas & The Caribbean

Aruba	Telefon Pa Hubentud
Brazil	Safernet Brasil
Canada	Kids Help Phone
Chile	Fonoinfancia 800 200 818
Chile	Línea Libre
Costa Rica	Patronato Nacional de la Infancia - Línea 1147
Curaçao	Telefon pa mucha i hoben 918
Jamaica	SafeSpot
Trinidad & Tobago	ChildLine TT
Uruguay	Línea Azul
USA	Boys Town National Hotline

### Asia Pacific

Australia	Kids Helpline
Cambodia	Child Helpline Cambodia
Hong Kong (China)	Parent-Child Support Line
India	Childline India
Japan	Childline Japan
Kazakhstan	Telefon 150
Mongolia	Child Helpline 108
New Zealand	Youthline
New Zealand	0800 Whats Up?
Papua New Guinea	1-Tok Kaunselin Helpim Lain
Singapore	Tinkle Friend Helpline
Thailand	Childline Thailand - Saidek 1387

### Europe

Albania	ALO 116 Albania
Austria	147 Rat Auf Draht
Belgium	Jongerenlijn AWEL
Bosnia & Herzegovina	Plavi Telefon
Bulgaria	Child Helpline Bulgaria
Croatia	Hrabritelefon
Czechia	Linka Bezpečí
Denmark	BørneTelefonen
Finland	Child and Youth Phone
Germany	Kinder- und Jugendtelefon
Greece	The Smile of the Child
Greece	Together for Children 11525 Helpline
Hungary	Lelkiségy-vonal
Ireland	ISPCC Childline
Italy	Hello Telefono Azzurro
Latvia	Uzticibas Talrunis
Lithuania	Vaiku Linija (Child Line Lithuania)
Luxembourg	Kanner Jugendtelefon (KJT)
Malta	Kellimni.com
Moldova	Telefonul Copilului 116111 Moldova
Netherlands	De Kindertelefoon
North Macedonia	SOS Helpline for Children & Youth
Norway	Kors På Halsen
Poland	Telefon Zaufania
Portugal	SOS Criança
Romania	Telefonul Copilului 116111 Romania
Serbia	NADEL - Nacionalna Decija Linija Srbije
Slovenia	National Telephone Helpline - TOM
Spain	Teléfono ANAR
Sweden	BRIS
Switzerland	Pro Juventute Beratung + Hilfe 147
United Kingdom	Childline UK

### MENA

Iraq	116 Child Helpline - Kurdistan Region
Palestine	Sawa 121
Saudi Arabia	Saudi Child Helpline 116111

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With financial support from the European Union's Citizens, Equality, Rights and Values Programme (2022-2025)