THE NeuroEducation PROJECT

WHY FRIENDSHIPS CAN BE TRICKY

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01. Friendship uses many skills at once.

Friendship is not just “playing with other children”.

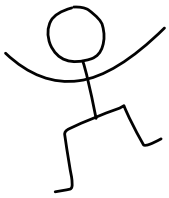
Children need to notice social cues, share ideas, take turns, manage disappointment, cope with changes and repair misunderstandings.

These skills develop over time. Some children need more support than others.



Please note. Although written for children, these ideas often apply to adults too.

02.



Many friendship rules are hidden.

Children are often expected to “just know” what to do.

For example:

- how to join in
- when to stop
- how close to stand
- when someone is joking
- when friendships change

03. Friendship can lead to big emotions.



It can bring joy and belonging. It can also bring rejection, jealousy, confusion and hurt.

Wanting friends doesn’t make friendship easy. 04.

The goal is not to force every child to socialise in the same way, but to help them find safe, respectful, and meaningful connection.



While this factsheet describes common patterns, neurodivergence is diverse and each individual’s experience may differ. The information provided is intended to support understanding, not to pathologise natural variations in human experience.

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