



Parents and Guardians,

Research indicates that it requires around 200 non-working hours with another person in order for them to be considered a good friend. With strong friendships and community being essential to an individual's mental health, the amount of time a teenager has for building healthy in-person relationships is a matter that warrants some attention. While the last year has seen a diminished amount of normal opportunities for social interaction, many students struggle with developing friendships even in the best of times. A 2018 study from the University of Kansas suggests that making friendships requires putting forth some effort and being intentional about the use of time.

Ecclesiastes 4 tells us that "Two are better than one...If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up." How can we encourage teenagers to build friendships, and how can we be intentional about spending time with them ourselves?

<https://news.ku.edu/2018/03/06/study-reveals-number-hours-it-takes-make-friend>

Peace and all good.

Grady