

Tweens: Friendship and Emotions | Understand

A Peer Moment Has More Than One Part

Tweens ages 10-12 | 5 to 8 minutes | Handout

Separate events, feelings, guesses, and choices in an everyday peer situation.

A friend can matter a lot, which can make a small moment feel big. A short reply, changed plan, or seat saved for someone else may bring several feelings. You do not have to pretend it did not matter.

How to use this page

Read the four parts below. Think about a made-up example or a situation that feels manageable. You can keep names and details private.

Event and feeling

The event is what you could describe without guessing a reason: "My friend did not reply today." The feeling might be disappointed, worried, annoyed, or unsure. You can have mixed feelings. Neither a feeling nor a guess proves what another person meant.

Guess and choice

Your mind might say, "They are replacing me." That is one possible story, not a fact you have to accept. You can wait, ask a small question, do something else, or ask a trusted adult to help you decide.

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When an adult needs to help

Repeated humiliation, threats, discrimination, or pressure are not problems you must solve by finding a nicer explanation. You can step away and tell a trusted adult. You do not need to confront someone, prove you are brave, or share a private message with a whole group.

1. One part I want help sorting out

Facilitator notes and adaptation

Validate the tween's account and investigate safety concerns. Do not use alternative explanations to dismiss bullying, racism, disability-related mistreatment, or exclusion. Support requests for adult help.

About this resource

AI-assisted original draft for More Than Therapy. Version 1.0. Source and editorial checks: 27 October 2026. Independent clinical review pending; no human clinical reviewer is recorded. The references below inform concepts and do not validate or endorse this original page.

Conceptual references

PA02 | Centers for Disease Control and Prevention | Positive Parenting Tips: Middle Childhood

https://www2c.cdc.gov/podcasts/media/pdf/PosParenting_MidChildhood.pdf

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PA03 | StopBullying.gov / U.S. Department of Health and Human Services | What Kids Can Do

<https://www.stopbullying.gov/kids/what-you-can-do>

PA04 | Centers for Disease Control and Prevention | Tips for Coaching Teens to Recognize and Manage Emotions

<https://www.cdc.gov/parenting-teens/tips-coaching-emotions/index.html>