

Do Cliques still exist in school?

A clique refers to a small group of people who have common interests who don't allow others to join in their inner circle. Common examples of cliques seen in schools are: jocks, nerds, goth, skaters, preppy, etc. They are naturally drawn together with their common interests. Cliques can start forming as early as the 4th and 5th grade level, but often increase in middle and high school. Kids are trying to figure out how to fit in and be accepted so it's natural for them to want to be part of the most popular or cool groups within their school and social activities.

Main Differences between a clique and a group of friends:

Clique

- usually has a leader of the group who controls who is in and who is out
- usually has a lot of rules made by the leader
- participates in most activities together
- may ridicule or reject other people who are not within their inner circle.

Groups of friends

- are formed based on shared interests in activities, neighbors, sports, classes, or family connections.
- may not do all activities together
- can have friends outside of the group and do not have to worry about being ridiculed or rejected by the group.

Promote Healthy Friendships amongst children by encouraging them to:

- participate in various groups and activities of interest.
- form friendships with people in different settings and backgrounds.
- stand-up for themselves and others who are being pressured or bullied.
- be responsible for their own actions.

Friendship is an important aspect of kids' lives. All kids want to feel accepted and included. Encourage your child to be a good friend by being respectful, inclusive, interested, trustworthy, honest, and kind.

<https://kidshealth.org/en/parents/cliques.html?ref=search>

<https://kidshealth.org/en/teens/cliques.html>

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