

How can in-person relationships improve children's mental health?



Healthy peer relationships can lead to...



When children relate more with their peers, they report more frequent positive emotions

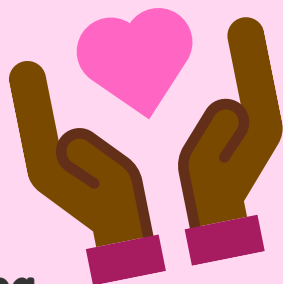
Emotional Stability

School-based relationships can protect against depression and anxiety



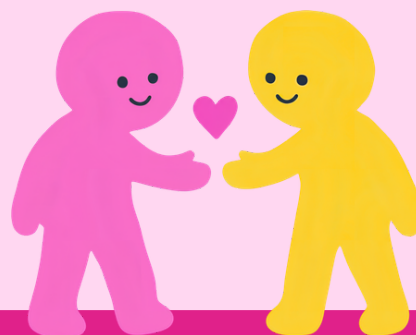
Children with more healthy friendships also had fewer emotional difficulties after COVID-19

Cooperative Behaviours



Strong peer relationships teach children about trust

Encouraging peer relationships causes children to become more helpful



At-risk children are less likely to develop aggression and delinquency when they feel more connected in school