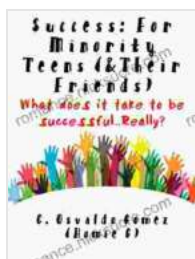


For Minority Teens, Their Friends Are Everything

For minority teens, friends are more than just people they hang out with. They are a source of support, a sense of belonging, and a way to navigate the challenges of growing up in a society that often marginalizes them.



Success: For Minority Teens (& Their Friends): What does it take to be successful...Really? by C. Osvaldo Gomez

★★★★★ 5 out of 5

Language	: English
File size	: 535 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 165 pages
Lending	: Enabled



Research has shown that friends can have a positive impact on minority teens' mental health and well-being. A study published in the journal *Pediatrics* found that teens who had friends who were supportive and accepting were less likely to experience depression and anxiety. Another study, published in the journal *Child Development*, found that teens who had friends who were similar to them in terms of race and ethnicity were more likely to have a positive self-image and to feel connected to their community.

Friends can also help minority teens to cope with the challenges of discrimination and racism. A study published in the journal *Journal of Adolescent Health* found that teens who had friends who were supportive and understanding were more likely to be able to cope with the stress of discrimination. Another study, published in the journal *Cultural Diversity and Ethnic Minority Psychology*, found that teens who had friends who were from different racial and ethnic backgrounds were more likely to be tolerant and accepting of others.

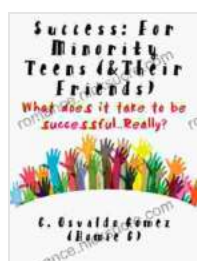
In addition to providing support and a sense of belonging, friends can also help minority teens to develop their identities. A study published in the journal *Journal of Youth and Adolescence* found that teens who had friends who were supportive and encouraging were more likely to have a strong sense of identity and to be proud of who they were. Another study, published in the journal *Developmental Psychology*, found that teens who had friends who were similar to them in terms of race and ethnicity were more likely to develop a positive sense of their own racial and ethnic identity.

Friends are essential for the healthy development of minority teens. They provide support, a sense of belonging, and a way to navigate the challenges of growing up in a society that often marginalizes them. Parents, educators, and other adults who work with minority teens should be aware of the important role that friends play in their lives and should support them in developing healthy friendships.

Tips for parents and educators

- Encourage your teen to make friends from diverse backgrounds.

- Talk to your teen about the importance of friends and how to be a good friend.
- Support your teen's friendships by providing opportunities for them to spend time with their friends.
- Be aware of the challenges that minority teens may face in making friends and provide support when needed.
- Educate yourself about the importance of friends for minority teens and share this information with other parents and educators.



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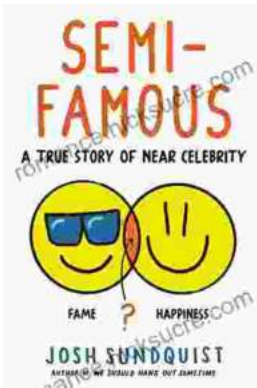
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