



Authenticity Buffer

Our children's self worth should have many pillars supporting it so that they are less vulnerable to challenges in one specific area and are more able to stay true to themselves.

This is especially true when it comes to their friends. Having a few friend groups builds authenticity in 3 unique ways:

1

Decreases the likelihood that they will conform to ideas against their values just for social reasons

2

Allows for wider exposure to a diversity of ideas and values from which to build their own sense of self

3

Provides them the benefit of not being reliant on one crowd for social acceptance. Should one group choose to reject them for some reason, having other friends to turn to can help them be resilient through that challenge

To foster better emotional stability and chances for a child to behave authentically, look for opportunities to help them create several different peer groups.