

# Learn about loneliness

**Following  
on from the  
assembly**

## \* Objectives

- > To explore 6 things you need to know about loneliness
- > To promote positive connections with loneliness in your school

## \* Introduction

Recap questions and answers from the assembly, and look through the 'Quick Guide to Loneliness'. Encourage learners to use the Loneliness Awareness Week [website](#) to answer the following questions:

- > What is loneliness?
- > Who experiences loneliness?
- > Has loneliness always been an issue?
- > Are there different types of loneliness?
- > What causes loneliness?
- > Should we change the language around loneliness?
- > Is loneliness the same as being alone?
- > Is loneliness a mental health problem?
- > Are loneliness and social isolation the same thing?
- > Who experiences loneliness?
- > What are the long-term effects of loneliness?

## \* Activities

Find ways to promote positive connections in your school setting - compose a whole school guide to loneliness, write a section in your school newsletter, tell your trust about loneliness or create posters in your setting. We would love to hear what you come up with and there are opportunities to display your guides on our website. Send them our way!