

# How can we help someone experiencing loneliness?

## \* Objectives

- > To encourage learners to discuss loneliness openly and positively
- > To learn more about loneliness and how we might help someone who is feeling lonely

## \* Introduction

We know loneliness is a huge issue affecting young people, particularly throughout recent times with the pandemic. Looking into Random Acts of Connection, the theme for Loneliness Awareness Week, will encourage conversations around this important topic.

Can learners define loneliness? Can they say what it is? What it is not? Share responses. Find more information in our Quick Guide to Loneliness.

## \* Activities

Consider why some people might not want to talk about loneliness. Share 'Links of Connection' by creating a chain that learners can add to. Learners write Random Acts of Connection ideas (e.g. smile at a passerby, chat with someone new) on a paper chain link and add them to the 'Links of Connection' chain.

## \* Loneliness tip

We all feel lonely at times – it's a natural human emotion. We're biologically wired for social contact, and loneliness is our signal that we need more. It's a common misconception that loneliness is limited to older people. In fact, 16-24-year-olds are the loneliest age group in the UK. You don't have to be on your own to feel lonely - you might feel lonely while spending time with friends or family, on social media, or at school. You can feel lonely if you feel like you are not being understood by those around you. Loneliness is not a mental health condition.