

# Meaningful connections

## Objectives

- > To reflect on the importance of strong, meaningful connections
- > To think about who you can get help from when you feel lonely
- > To begin to develop ways of coping with loneliness

## Introduction

Think about how friends help you when you feel lonely, using other young peoples' stories and experiences. Hold a discussion around what a 'meaningful' connection is.

## Activities

### Connection Matters

Play this [video](#). Ask learners what this video made them think about using the questions below:

- > How did the film make you feel?
- > What different connections did people have with each other?
- > What activities did they do together?
- > How did they help each other feel better?
- > Does watching this video make you think about someone specific in your life?
- > Who helps you most when you feel lonely?
- > Who there is your most meaningful connection?

## Loneliness tip

Loneliness is a normal human emotion. We all need to feel connected to other people. Loneliness is the unsettling feeling we get when this need is not being met. We might feel like this because we're not having much contact with other people, or because the contact we are having doesn't feel meaningful to us. One of the best ways to feel less lonely is to reach out and tell a trusted person how you feel.