

## Loneliness Awareness Lesson Plan – Secondary

Loneliness Awareness Week and The Great Get Together are partnering to help you to raise awareness of loneliness and building connections in communities. We know loneliness is a huge issue affecting young people, particularly throughout the pandemic, and these resources are designed to help you encourage conversations about this topic. This is a flexible classroom resource designed for you to use as you see best with your class – whether that's a full lesson or a shorter activity session.

### Lesson Objectives

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

### Discussion Points

#### Powerpoint slide: What is loneliness?

##### (Ask students to answer and then show definition)

Loneliness is a feeling that everyone will experience at some point in their lives. Even people who are always with other people can feel lonely. There is nothing wrong with feeling lonely – it's a normal emotion. Just like being thirsty is our body's way of telling us we need a drink, loneliness is our signal that we need more connection.

#### Powerpoint slide: Who is the loneliest group?

##### (Ask students to choose from answers on ppt, then reveal the answer).

#### Powerpoint slide: Why might some people not want to talk about loneliness?

### Activities

- You are the writer for an advice column and you receive the following letter:  
**Hello, I don't know what to do; I feel lonely and I don't have many friends. I want to tell people how I feel but I'm not sure how. I also want to make new friends. What can I do?**  
You have to reply to the letter with care and sensitivity. Write your reply.
- Write or draw 5 things you've done during the pandemic which help you feel connected.
- Discuss with a partner what you think the difference between being alone and being lonely might be.
- Discuss with a partner whether you think the internet is making people more lonely? Why / why not?

**Loneliness Awareness Week will take place from 14-18 June and  
the Great Get Together will take place from 18-20 June.**