



ALL
play
learn

WHEN I FEEL

LONELY AT
SCHOOL

You might feel lonely at school sometimes.



You might feel lonely or left out if you and your friends aren't getting along too well.

You might feel lonely if you aren't sure who to spend your free time with.

Sometimes you can feel lonely or left out even when there are many people around you.



Sometimes when you are feeling lonely at school, you might feel sad or worried.

You might think nobody understands you. You might feel like you have no friends or no one looking out for you.

Feeling lonely might make your body feel heavy, tired and tense.

When you're feeling lonely, you might find you don't talk to others or try to join in as much as you normally would.



You might feel like you need to pretend you are okay, even though you are not feeling okay at all. That can be hard work.



I'm fine...

No matter how lonely you feel, there are always people who can help, and things you can do.

ASK FOR HELP

It can feel a bit scary or hard to ask for help when you're feeling lonely.

It can take a lot of courage, but talking to an adult you trust (e.g. someone in your family or a teacher) and telling them how you're feeling can help you:

1. feel less lonely, and
2. work together on a good plan



If you are feeling isolated and alone at school, there are a few things you can do. You can see if there are any lunch time clubs, or other groups, that you can be involved in.

You can ask a teacher or someone from your school wellbeing team for support in making friends.

And you can also get involved in after school activities. Building friendships outside of school can be a nice reminder that there is also a world out there beyond school!



If you're feeling sad and alone, talk to someone you trust. There are also special helplines for teenagers with people who can chat to you about your experiences.

Do things to look after yourself. Listen to soothing music that you like, have a bath, go for a run, play with a pet... do something each day to help yourself relax and help your body unwind.



Challenge negative thoughts. Often when we are stressed or upset, we can take one little truth (e.g. nobody has asked me to join them) and turn it into something bigger.

If you find yourself thinking "I will never have friends" or "things will never get better" seek a different perspective to assess how true it is.



For example, change those negative thoughts to, "right now I'm struggling a little with friends, but that doesn't mean I'll never have friends. It just might take me a bit longer to find 'my people'. Things are difficult now, but they can get better, and who knows what great things might be in my future!"

REMEMBER,

we all feel lonely sometimes, including at school. It might not feel like it at first, but there are always people who can help and things you can do.





About this story:

Loneliness can have significant effects on a child/teen's wellbeing. Some children are more likely to experience feelings of isolation or loneliness because they may look or act differently to other children, or experience mental health challenges.

This comic/story is designed for children without intellectual disability, and includes information to support children/teens with understanding what the experience of loneliness may feel like, and evidence-based strategies for how to manage if they are experiencing loneliness.

Common emotional reactions are acknowledged and normalised. A range of positive coping strategies such as activating social supports, engaging in self-care and challenging negative cognitions are described.

For more stories and information on making education accessible for everyone
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