



RISE

Loneliness, Friendships & Starting Secondary School

Resource Booklet

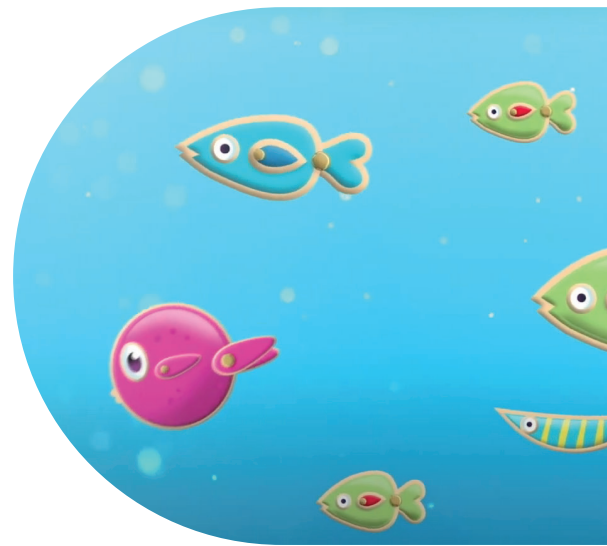


Rise

Rise are a group of Students from the Cooperative Academy, Stoke on Trent who have worked with **Make Some Noise** to design and develop creative ideas to help young people like themselves talk about loneliness, support others and ask for help.

Make Some Noise are proud to present 3 animated films and 3 songs all written by the project group.

You can watch the films and music by scanning the QR codes in this booklet or visiting our website:
www.make-some-noise.com/rise



Loneliness

Nearly half of the Young People asked said that they felt lonely some of the time in a recent survey. This survey was before the COVID 19 outbreak and it's hard to imagine that lock-downs would have made a positive change to this.

MESSAGE

More than anything else, the Rise group want to send you the following message:

- Everyone feels lonely sometimes—it's nothing to be embarrassed about.
- You could help someone else just by being friendly and kind to them.
- You can get help and support if want it —talk about how you are feeling to someone you trust.

BUBBLE

Words can trap people so that you feel you're in a bubble.

Words may bounce around your head and make you feel isolated. Like you don't fit in.

Sometimes you feel invisible and you can't reach out to people. We might forget others feel the same. Reach out. Let them in.

If you feel like you're trapped in a bubble, don't worry. It will pop!



Lyrics

I just don't understand communication
I'm so scared of this isolation.
I want to get out of my comfort zone
Maybe find a place I can call home.
Underneath all this trouble
I feel safe, in this bubble.
All these sticks and stones that they throw
Only harden this shell.
I will escape from this hell.

SCAN TO
WATCH
NOW



It is possible for someone to feel lonely at any time of the day, even when they are surrounded by people, if they do not feel a sense of belonging or connection to those around them.



REFLECTIONS

- 45% of children said they felt lonely 'often or 'some of the time'^{*} Being Lonely is a feeling – it's not about how many people are around you.
- It's easy to feel like you don't fit in, or that it's hard to make friends.
- If you feel lonely – you aren't the only person feeling this. Can you be a friend to someone else who feels this way?

^{*}Office for National Statistics
'Exploring loneliness in children, Great Britain: 2018

GROW

This was my place.

This is where I felt comfortable.

But I was dropped into a new world.
I felt out of my depth, out of place.
This space is enormous!
Everything seemed so scary and
I just wanted to hide.
But I found other people. They were scared too.

We realised we weren't alone.
Together, we adventured out and things didn't
seem so scary anymore. Bit by bit I learnt to
grow. I helped others too!
This is my place. This is where I grew to feel
comfortable.

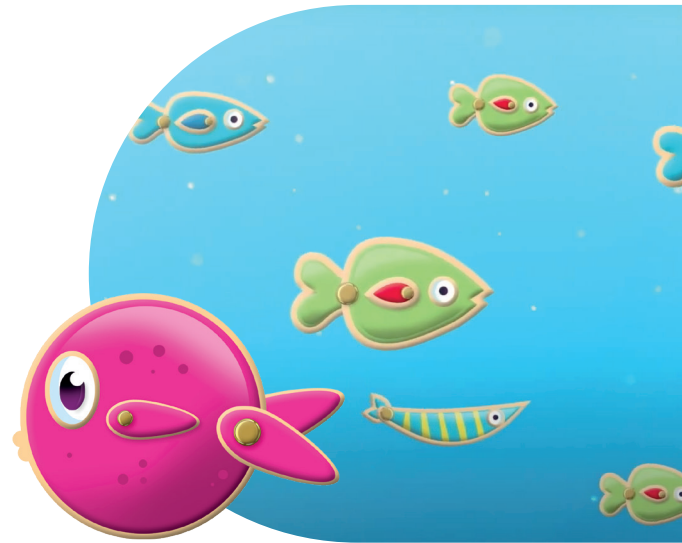
Lyrics

This was the place where I felt comfortable
Now I feel out of my depth, out of place
It all seems so scary I just want to hide
Then I found others who felt the same

When I feel like I want to cry
I try to keep my head up high

I am not alone
Out of the dark
Out of the shadows
It all looks a little less scary now
Bit by bit I learnt to grow

SCAN TO
WATCH
NOW



REFLECTIONS

Going to a new school can be scary.
What worries have you got about
going?

'Always stay true to yourself, be
yourself and don't worry'

- Lara, Year 9

'The worst thing you can do is think
that the school is going to be this
massive, big, scary place where no
one is going to be your friend, when
in reality it's a fabulous
place where you've got lots of friends'

- Shea, Year 8

'Try to be confident, even if you
don't feel it all the time, it's easier to
make friends'

- Maja, Year 7

'Just remember that everyone else
there is scared too, so you're not
the only one, all of the other people
feel just as nervous, you'll just start
getting to know each other and
make new friends'

- Connor, Year 8

START

Hey, can you imagine a world where no one said hello?

It just takes one person to start.
'Hello'
Just say Hello
The smallest words we say,
can brighten someone's day.
Just make a start...



Lyrics

Like a butterfly's wings Like a hurricane
Let your feelings unfurl
You don't have to be the end
You could be the start
Let it go, set it free
Look how special one word can be
Say hello
Don't be alone
Come and help each other
Start today
Don't be afraid
Come and help each other



SCAN TO
WATCH
NOW



Everyone has qualities that can make them a good friend to someone else.

It's common for young people to feel lonely, you can help each other to get through it.

Going to high school is a big change, but also an opportunity to make new friendships and develop new interests. If you know someone is having a tough time – reach out to them.

REFLECTIONS

Having good friends is a protection against feeling lonely.

But where do you start?

It starts with hello.

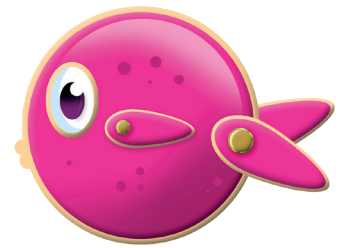
Can you start by saying Hello to someone today?

MAKING CONNECTIONS

Your Task

Pick at least one of the following to do in the next week:

- Talk to someone of your own around your own age that you don't know very well.
- Contact a family member that you haven't spoken to for a while.
- Spend time with a friend that you've have seen for a while – this could be online as well as in person.
- Say hello to someone you that you've never spoken to in the school.
- Arrange to do something with a friend that you will try to keep as a routine – for example having Wednesday evening as the time when you always get in touch with each other.



Which one(s) did you pick?

How did it go?

REFLECTIONS

There are different types of connections :-

- **Quality Connections**
– People that you feel comfortable with, trust and can talk to about anything.
- **Casual Connections**
– People that you talk to, interact with but you wouldn't say that you know them well.

Both are important in tackling loneliness.



GETTING HELP IF YOU ARE FEELING LONELY

At School

If you're finding things difficult, talk to a teacher you trust, like a head of year or your form tutor.

If you are struggling to make friends with the people in your classes, you may be able to meet more like-minded people by finding groups that share your interests. COVID 19 restrictions mean that this more difficult than it normally would be.

Ask your teachers if there are any closed online interest groups or clubs, if they're aren't, ask if they could set some up.

Outside of School

- Talk to an adult or friends you trust about how you're feeling.
- Let a trusted adult know if you're being bullied.
- Look out for clubs or activities you might be interested in.
- Make sure you're using the internet safely.
- Social media might be affecting your mood try to recognise if it is.
- Remember that loneliness is a feeling, not a measure of number of friends you have or how much time you spend with other people.

If you need more help, the following organisations are there to support you :-

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

BECOME.

THE CHARITY FOR CHILDREN IN CARE
AND YOUNG CARE LEAVERS

0800 023 2033
Mon-Fri 10am-5pm
becomecharity.org.uk

myh muslim YOUTH helpline

0808 808 2008
Every day 4pm-10pm
myh.org.uk

Switchboard LGBT+ helpline

Dedicated helpline for Lesbian, Gay,
Bisexual and Transexual People
0300 330 0630 (10am-10pm)

THE MIX

Essential support for under 25s

0808 808 4994
Every day 4pm-11pm
themix.org.uk

Stonewall Youth

Advice for young LGBT+ People
youngstonewall.org.uk

Proudly supporting
youth social action



Department for
Digital, Culture,
Media & Sport



Foundation

