# Loneliness in the Primary School

<table>
<thead>
<tr>
<th>For what age?</th>
<th>At what level?</th>
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<tbody>
<tr>
<td>KS 1 and 2</td>
<td>All levels</td>
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## Why is there a need to consider loneliness in the primary school?
Research has confirmed that loneliness is experienced universally by children and adults and it has implications for mental health. Children in KS1 and 2 have described loneliness as a negative experience and a multidimensional phenomenon, experienced in various locations including school. They associated loneliness with various factors within and outside of school and with both social and psychological isolation. Although the children were well able to talk about loneliness, they had few ideas about what could be done about it. Until very recently, books and other materials available for the promotion of children’s well-being have tended not to mention loneliness.

## This half day training is aimed at helping school staff to develop:
- Awareness of the implications of research into loneliness generally and the implications for mental health
- Awareness of primary school children’s views about loneliness and in particular what they said about loneliness in school
- Ideas for exploring children’s experiences of loneliness
- Plans to include teaching about loneliness and strategies to manage loneliness within the participants’ schools.

## Where can I access training?
To access centralised training for this course, including at the TaMHS Conference if appropriate, please visit: [www.northamptonshire.gov.uk/TaMHS](http://www.northamptonshire.gov.uk/TaMHS).

Training at your school, or within clusters, for your staff can be commissioned from the Educational Psychology Service by contacting the TaMHS Administrator: tamhs@childrenfirstnorthamptonshire.co.uk or by speaking to your Educational Psychologist.

## What course participants say:
- ‘Very interesting - it was thought provoking’
- ‘We really do need to listen to children’
- ‘Really useful course - I realised that loneliness is so complex’
- ‘I need to think a lot more about loneliness and about how can we best help the’