

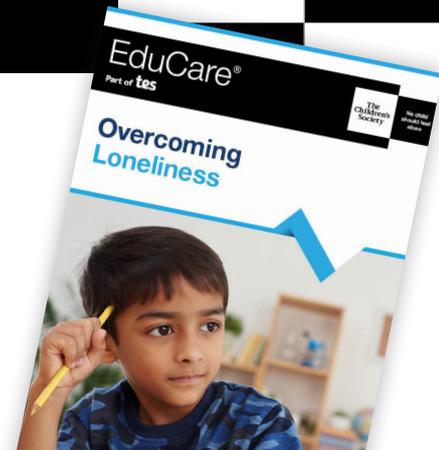
EduCare[®] Part of tes

Overcoming Loneliness in Children and Young People

The Children's Society

No child should feel alone

Loneliness can affect anyone from any background at any time of their life. It is often associated with the elderly, but children and young people also become lonely and isolated. This course is written in partnership with The Children's Society, a national charity that works with the country's most vulnerable children and young people. It will help you to understand what is meant by loneliness, the triggers for loneliness and how it can affect children or young people. Also included are ideas for helping children and young people overcome loneliness and where to go for further support.



Course details

- One module with a multiple-choice questionnaire
- Two CPD credits*
- Optional narration of the course module and questionnaire for accessibility
- Personalised downloadable certificate
- 70% pass mark
- Printable module for future reference

*1 CPD credit equals up to 1 hour of learning

Course content

- **Transitions**
The key transitional times (for example, changing school or moving home) and why they cause loneliness.
Scenarios about different children and young people who feel lonely so you can see how varied the causes of loneliness are, and the impact that it has.
- **What does loneliness mean?**
Definitions of loneliness and how it feels to be lonely.
- **What we know about loneliness**
Research into the scale of the issue and how loneliness affects different groups.
Statistics from The Children's Society showing patterns of loneliness by age group.
- **Triggers for loneliness**
What can trigger loneliness (for example, bereavement or bullying).
- **Vulnerable groups**
Why some young people are more likely to experience loneliness; for example, young carers, and children with a disability.
- **The effects of loneliness**
The short-term effects such as social isolation and low self-esteem.
The long-term effects such as illness and risk of being exploited.
- **Overcoming loneliness**
Ideas for helping young people.
What schools and FE/HE institutions can do to help.
- **Support**
- **Reflective summary**
Creating an action plan for helping others to overcome loneliness.

This course is suitable for

Anyone working with children and young people, with specific references for anyone working in schools, in further and higher education, and with young carers.

Contents

Key transitions

Think about key times in a child's life when they might feel lonely. There are some examples in this timeline; you might think of others. Click each picture. Click the red buttons for more examples.

AGE

9 10 11 Begin secondary school 12 13 14

Rachel is 12. She has had a serious illness which means that she was absent from school for much of the previous two years and wasn't able to socialise much.

"Loneliness is when the people around you do not understand."

Contents

Triggers for loneliness

2.1

There are certain times in a child or young person's life that may be a trigger for loneliness. These include:

Starting a new school

Contents

Longer-term effects of loneliness

3

The disadvantages young people face can put them on the side lines of their own childhood, leaving them feeling isolated and alone.

Young people who are lonely have an increased risk of being exploited, developing unhealthy relationships and being subjected to online grooming.

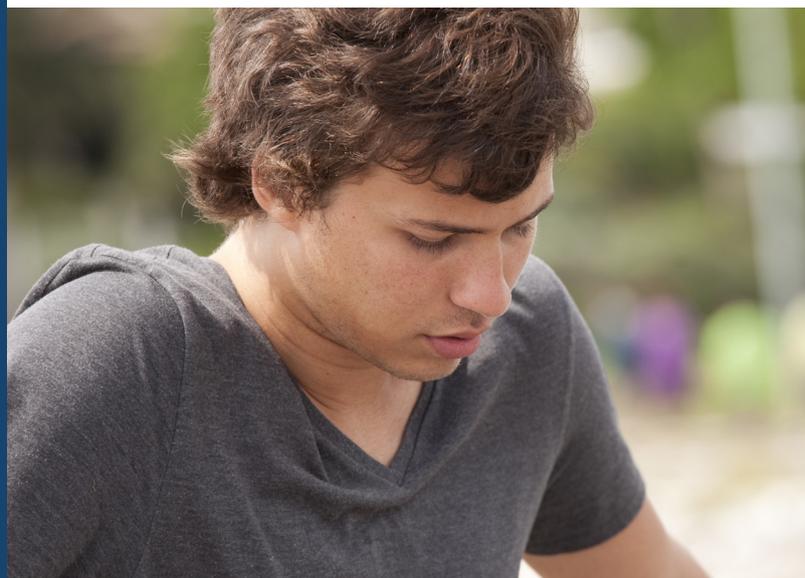
Zariah has been excluded by her group of friends and feels lonely. Some new friends invite her to a party and encourage her to take drugs. They say she is part of their group and ask her to deliver a package for them. Zariah is at risk of child criminal exploitation (CCE).

Key features

- Visually engaging and highly interactive
- Answer explanations for those who achieve the pass mark
- Additional resources to expand learning
- Scenarios to embed learning
- Reflective summary task to help transfer learning back to real life

Purchase options

1. Available as a standalone course on the EduCare website.
2. Buy as part of one of our multi-course licences. For further information, please call 01926 436212 to discuss purchase options and licences.



Why choose us?



“ The EduCare training modules include a wide variety of sources of information and a very current view of the issue. They are the fastest and most thorough way of accessing information for myself or my team. ”

Alexandra Ihringova
Student Support Coordinator
Burntwood School

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