

# THE NEW LONELY

## Today's Loneliness in Children and Adolescents

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**Together, all the way.®**



# You don't have to be alone to feel lonely



# Today's loneliness in children and adolescents



Why is loneliness in youth often overlooked or unexpected?

# Age appropriation factor



## Contributing Factors

- Moving to a new neighborhood
- Changing schools
- Your parents are getting a divorce
- Your older brother or sister moved out
- All your friends have romantic partners and you don't
- Fights with friends
- Being bullied
- Seeing posts on social media about activities you weren't invited to



## The Effects of Loneliness

- Feel more stressed
- Sleep, but not feel rested
- Stop taking good care of your appearance or hygiene
- Find that your outlook on life has become negative
- Start showing signs of depression or anxiety
- Turn to drugs or alcohol to feel better



# Consequences of Loneliness

Loneliness: a silent plague that is hurting young people most<sup>1</sup>

[Alice's Story](#)<sup>2</sup>  
(YouTube)

1. The Guardian. "Loneliness: a silent plague that is hurting young people most."  
<https://www.theguardian.com/lifeandstyle/2014/jul/20/loneliness-britains-silent-plague-hurts-young-people-most>. July 2014.

2. The Smith Family. "Alice and the Giant Emptiness." [https://www.thesmithfamily.com.au/stories/tales-of-the-one-in-six/alice?gclid=EAlaIQobChMIxt3yqLH38glVRBh9Ch0YHgLoEAAYASAAEgKp1vD\\_BwE](https://www.thesmithfamily.com.au/stories/tales-of-the-one-in-six/alice?gclid=EAlaIQobChMIxt3yqLH38glVRBh9Ch0YHgLoEAAYASAAEgKp1vD_BwE). Accessed September 2021



# Impacts of Social Media





# Interventions and Strategies



## A Parent's Guide

- Prompt them to talk about their feelings
- Normalize their loneliness
- Keep (or add) structure, routine, and traditions
- Get outside
- Worry better
- Focus on being thankful and helping others



## Talk To Your Teen/Child

- ✓ Start now
- ✓ Build your child's trust in you
- ✓ Talk about what is important to you
- ✓ Help your children feel good about themselves
- ✓ Know the facts
- ✓ Find a trusted care provider



# Risk Factors of Loneliness<sup>1</sup>

Adolescents and young adults are particularly at risk as marked by growing incidence of depression, substance abuse, and suicide.

External factors may be accelerating the crisis; research indicates, for instance, Internet and social media engagement.

Loneliness has negative effects on mental health, worsening depression, anxiety, mood disorders and cognitive decline.

Loneliness is as lethal as smoking 15 cigarettes a day, according to researcher.

1. Holt, J. "The Potential Public Health Relevance of Social Isolation and Loneliness: Prevalence, Epidemiology, and Risk Factors." <https://academic.oup.com/ppar/article/27/4/127/4782506>. January 2018.



# Youth Suicide Statistics<sup>1</sup>

- Suicide is the **SECOND** leading cause of death for ages 10-24.
- Suicide is the **SECOND** leading cause of death for college-age youth and ages 12-18.
- More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease, **COMBINED**.
- Each day in our nation, there are an average of over 3,703 attempts by young people grades 9-12.
- Four out of five individuals considering suicide give some sign of their intentions, either verbally or behaviorally.

1. verywellmind. "Loneliness: Causes and Health Consequences". <https://www.verywellmind.com/loneliness-causes-effects-and-treatments-2795749>. September 2021



# Resources

- **Childline**  
[www.childline.org.uk](http://www.childline.org.uk)
- **Action for Children**  
[www.actionforchildren.org.uk](http://www.actionforchildren.org.uk)
- **Young Minds**  
[youngminds.org.uk](http://youngminds.org.uk)
- **Mind**  
[www.mind.org.uk](http://www.mind.org.uk)
- **Mental Health Foundation**  
[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

## Facts Sheet

[https://www.artandhealing.org/isolation-and-loneliness-fact-sheet/?gclid=EAlaIQobChMIgamcnuX38gIVIKXIC1gCw4JEAAYASAAEglwyPD\\_BwE](https://www.artandhealing.org/isolation-and-loneliness-fact-sheet/?gclid=EAlaIQobChMIgamcnuX38gIVIKXIC1gCw4JEAAYASAAEglwyPD_BwE)



# Questions?

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