

Loneliness in Primary School

For what age?	At what level?
Key Stage 1 to Key Stage 2	All levels

Why is there a need to consider loneliness in primary school?

Research has confirmed that loneliness is experienced universally by children and adults and it has implications for mental health. Children in Key Stage 1 and Key Stage 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.

How can schools help?

- Having an awareness of the implications of research into loneliness generally and the implications for mental health.
- Having an awareness of primary school children's views about loneliness and in particular what they said about loneliness in school.
- Having ideas for exploring children's experiences of loneliness.
- Planning to include teaching about loneliness and strategies to manage loneliness within their schools.

How can I access training?

To access centralised training, including at the TaMHS Conference if appropriate, please visit:

- [LGSS I Learn booking website](#)

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 Link Educational Psychologist

What do delegates say about this training?

Very interesting – it was very thought provoking.

Really useful course – I realised that loneliness is so complex.

We really do need to listen to children.

I need to think a lot more about loneliness and about how we can best help the children.