

## Options for action – Corner exercise

1. Sit together in your partnership groups and go to the corner you have been assigned.
2. Read the case 'Confessions of a high school student.'
3. You must now discuss what can be done to prevent the loneliness that can be experienced short-term from turning into a long-term feeling – in other words, how one can try to prevent that someone feels excluded from the community and has a hard time becoming a part of it.
4. Based on whether you have been assigned corner 1, 2, 3, or 4, you must now discuss how one can prevent loneliness from the following perspectives:
  - **Corner 1:** What can the student in the case do?
  - **Corner 2:** What can one as a classmate do?
  - **Corner 3:** What can the school do? E.g. the teacher and administration?
  - **Corner 4:** What can society do? E.g. in local policy, on a national level, in youth policy?
5. Choose a 'secretary' who can write down your suggestions.
6. You have 15 minutes for the exercise.

### Case – Confessions of a high school student

*"I am in 2<sup>nd</sup> g. As everyone else also thinks, 2<sup>nd</sup> g is very difficult because of the academics. But what makes it even more difficult is not having any friends in class.*

*We are about 30 students in the class, and everyone has formed groups and cliques – except for me. I always sit alone, and most of the time, no one else sits in the same row. I don't really know why. And when someone finally does sit in the same row, it's a few chairs away from me. Every time we have a break in the module, everyone goes over to their friends while I just sit and do nothing. They know that I'm sitting completely alone, but they don't do anything to help me. The problem is also that I have tried countless times to be a part of the class. But every time, I get rejected.*

*And every time there is group work, everyone gets together in groups, and I work alone all the time. It is hard to wake up every morning and know that one has to find oneself in an unsafe zone, namely school. It isn't nice to walk into the classroom where people see you, but don't say hi to you. One does not feel welcome that way."*

(The post is from a site where young people who experience problems can chat with each other).