

Knowledge of loneliness and social dissatisfaction

Purpose

The purpose of the lesson is to make students aware that social insecurity is completely natural, that it is very common to have problems and experience pressure during upper secondary education. As a class, they can do much to prevent social dissatisfaction. Among other things, by early detection of signs of dissatisfaction.

Content (2x45 min.)

- Presentation on loneliness and social wellbeing (approx. 30 min.)
 - What is loneliness and social dissatisfaction?
 - When does it occur?
 - Who is affected by it?
 - What does loneliness do to you?
- Educational film about loneliness + time for comments or questions (approx. 15 min.)
- Break
- Young people's own stories of loneliness (35 min)
- Rounding up (10 min)

Practical

You start by giving a talk on loneliness and social wellbeing using the PowerPoint presentation. You end the first lesson by showing the instructional video. There is a link to it in the PowerPoint presentation, and you can also find it on the website.

The film lasts 10 minutes. Afterwards, there should be room for questions and comments from the students. If they do not engage in the conversation themselves, there is a list of suggestions of questions that can challenge the students are challenged. Look at the website under Lesson 3.

After the break, students will work in the buddy groups with a series of stories from young people who experience loneliness. There is a newspaper debate post and two interview films.

Students' group work

There may not be enough time for all three stories. You may either choose which two the students should work on or you may choose to divide the students so every group works on one example each and then present to each other in teams of three buddy groups.

Rounding up

After the group work, the whole lesson must be rounded up. You start by asking about the discussions the students have just had. Afterwards, ask students to think about the two most important points they bring from the lesson and talk to their buddy. You will end by mentioning the points below if the students do not mention them themselves.

Main points in lesson 3

- Between 9%¹ and 12%² of students in youth education report that they feel lonely often or every day. Loneliness and social dissatisfaction can affect everyone.
- Loneliness also affects young people who are not alone.

¹ National Institute of Public Health, 2015.

² The Nationale Health Profile, 2017

- Most young people will experience the feeling of loneliness for short periods, and this is completely natural, but a prolonged or recurring feeling of loneliness can have major health and social consequences.
- Some young people may be affected by long-term loneliness to such an extent that they protect themselves from further rejections by distancing themselves from the community. Not because they do not want to be a part of it, but because they lack the courage to try.

Preparation

- Read the chapter on loneliness from the teacher's guide so you can answer any questions from the students. If there are any further questions, you can always encourage them to contact us at Ventilen.
- Watch the films on the website
- Familiarize yourself with the examples of young people's stories
- Decide how students should work with the examples of young people telling their stories.
- Print the worksheet for the students.