

The film about loneliness and social dissatisfaction - questions

You can find the film on the website and the link can be inserted into the presentation itself. It shows two young people, Mia and Thomas, putting into words how loneliness feels to them. They have both attended Ventilens meeting places.

The film also features Mathias Lasgaard, one of the country's leading researchers in the field of loneliness, and Rillo Rud, head of the secretariat at Ventilen, an organization working to prevent and alleviate youth loneliness.

The film lasts approx. 10 minutes.

When the film is over, you can ask the students if they have any immediate comments or questions.

Suggestions for follow-up on the film:

- Was there anything in the film that surprised you?
- In the film, Thomas talks about loneliness is like being in a diving bell among fish that you can see, but you do not feel a 'togetherness' with them. What does he mean by that? How can one get out of such a diving bell?
- Mia says that she often wore headphones during breaks. Why did she do that? What significance did it have for her school days? What signal does it send when someone is sitting with headphones on? Could she or others have done something different?
- Rillo Rud from Ventilen says that young people who feel lonely often try to hide their problems from the outside world despite the fact that they actually need the help of others to get out of loneliness. Why are they hiding? And why is it embarrassing to feel lonely?
- Mathias Lasgaard, the researcher, says that loneliness is the body's way of telling lonely people that they must reach out for social connections. Why is it problematic to be on the outside of the community? What consequences can it have if you do not feel like you belong in a community?