

THE NEW LONELY

Today's Loneliness in Children and Adolescents

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You don't have to be alone to feel lonely



Today's loneliness in children and adolescents



Age appropriation factor

Why is loneliness in youth often overlooked or unexpected?



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

Alice's
story



Impacts of Social Media



Interventions and Strategies



A Parents Guide



**Prompt them to talk about their feeling
Normalize their loneliness**

Keep (or add) structure, routine, and traditions

Get outside

Worry better

Focus on being thankful and helping others



TALK TO YOUR CHILD/ TEEN

- ✓ 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

Adolescents, 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.

- **Youth Suicide Statistics**

Suicide is the **SECOND** leading cause of death for ages 10-24.¹

Suicide is the **SECOND** leading cause of death for college-age youth and ages 12-18.¹



Youth Suicide Statistics

Each day in our nation, there are an average of over 3,703 attempts by young people grades 9-12.¹

Four out of five individuals considering suicide give some sign of their intentions, either verbally or behaviorally.²

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QUESTIONS

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