



Seedling

Mentor. Nurture. Grow.

Agenda

- ❑ Learn about the impact loneliness and social isolation can have on our youth.
- ❑ Share strategies to help our mentees foster positive connections and tackle loneliness and social isolation.
- ❑ Interact in small groups.

Training Question

- ❑ What brought you to this training?
- ❑ What is something you hope to learn from this training?

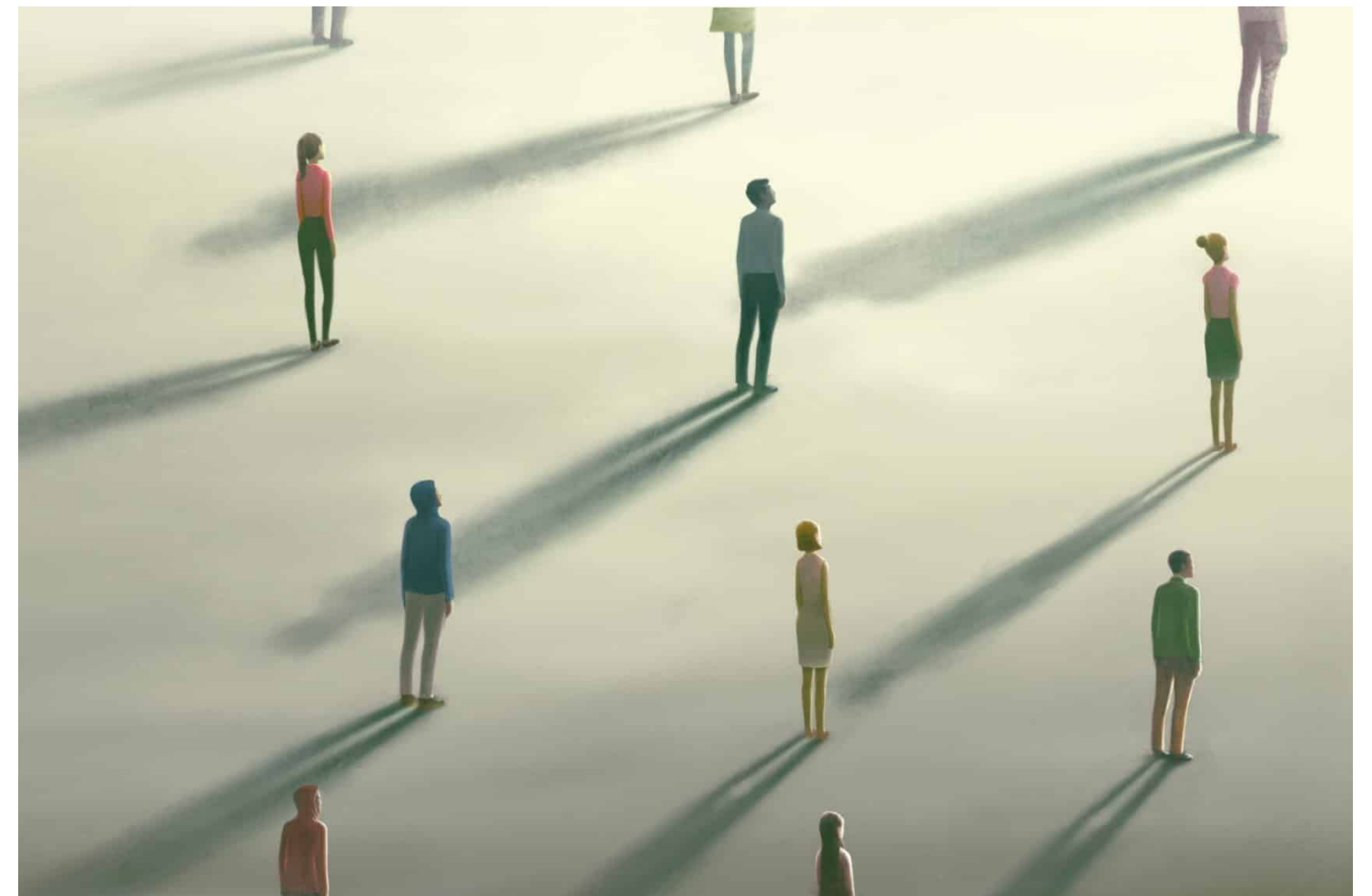
“Our Epidemic of Loneliness and Isolation” US Surgeon General Message



Definition of Loneliness and Social Isolation

Loneliness: “is the state of distress or discomfort that results when one perceives a gap between one’s desires for social connection and actual experiences of it.” -Psychology Today

Social Isolation: “is the lack of relationships with others and little social support or contact”
-CDC



This is how one can feel alone, even in a room full of people.

Youth, Loneliness, and Social Isolation



- ❑ Reasons why the youth experience loneliness and social isolation:
 - ❑ Pandemic
 - ❑ Technology and Fear of Missing Out (FOMO)
 - ❑ Loss of loved one or close attachment

Impact of Loneliness and Social Isolation

There are mental and physical implications related to feeling lonely and socially isolated:

Mental

- ❑ Emotional Fallout
- ❑ Depression and anxiety
- ❑ Avoidance of social interaction



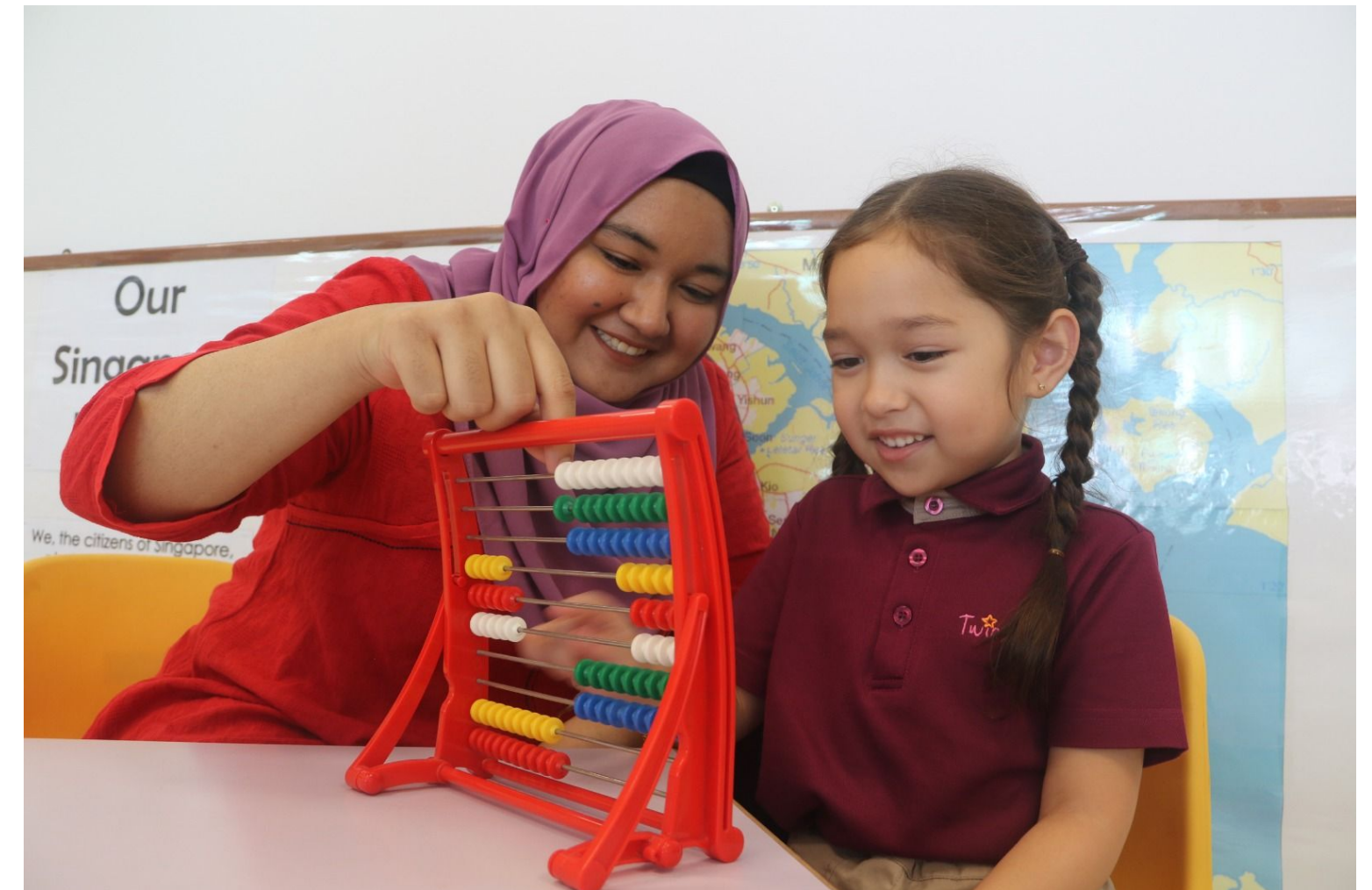
Physical

- ❑ Poor sleep
- ❑ Greater risk of medical issues
- ❑ Low energy

Addressing Loneliness and Social Isolation

What can we do as mentors to help our mentees who may be experiencing loneliness and social isolation?

- ❑ We are already on the right track!
 - ❑ To tackle loneliness we need to remember:
 - ❑ Make an intent to engage in building a positive healthy relationship.
 - ❑ Remain mentee led
 - ❑ Stay consistent and show up for them.



Breakout Session

We are going to discuss the social skills we identified necessary to make friends and how to model them for our mentees.



Please refer to your homework for this breakout session.

What Did We Learn

Social skills that are important for our mentees to learn:

good listener, showing empathy, patience, being open to other's differences.
skills to take the first step, saying hello, staying curious, finding common ground, use non verbal skills,
listening, "bring listening back"
talking to someone they don't know, encouraging them to notice visual and social cues, eye contact!
Say hi to someone sitting alone. Role play with them, social stories!!
Conversation starters, using SMS, having social skills on text :)
finding something you have in common with the other person, smile, shake hand, how about a hug?
Being open to making new friends
Joining a group like band and sports, meeting people with same interests.

Diving Deeper While Addressing Loneliness and Social Isolation

While we are on the right track being mentors, we should consider how we can lean on social emotional learning (SEL) while addressing loneliness and social isolation with our mentees.

- ❑ Remember the components of SEL?
 - ❑ Self awareness.
 - ❑ Self management.
 - ❑ Social awareness.
 - ❑ Relationship building.
 - ❑ Responsible decision making.



Modeling Social Skills while Addressing Loneliness and Social Isolation

Where does modeling social skills lead us? Helping our mentees practice building an authentic relationship:

We want to be able to model what it looks like to build real and lasting connections with others.

Social skills we should model for our mentees:

- ☐ Starting conversations.
- ☐ Awareness of social cues.
- ☐ Following “unwritten” social rules.
- ☐ Listening and understanding others.

Building authentic connections looks like...

- ☐ It starts with being open.
- ☐ Finding similar interests and values.
- ☐ Embracing connecting in person (face to face.)
- ☐ Letting someone know they are seen, heard and understood.

No Student Eats Alone



WHAT'S NEXT?