

# Do you sometimes feel lonely online?

## WHAT CAUSES LONELINESS ONLINE?

- Seeing photo's of friends having fun when you are not there
- Cyberbullying/negative comments
- When friends decline or leave a group chat
- Not being invited to join a group chat
- Friends/family not replying to calls/messages

## WHAT CAN YOU DO TO HELP WHEN YOU FEEL LONELY?

- Tell a friend or trusted adult that you feel lonely
- Listen to your favourite music
- Watch funny videos
- Watch exercise videos and do some exercise
- Play a game with a trusted friend if they are online
- Send positive messages to your friends and family
- Listen to your favourite audiobook

## TAKE SOME TIME FOR YOURSELF AND DO AN ACTIVITY OFFLINE - IT IS IMPORTANT TO TAKE A BREAK SOMETIMES

- Do some drawing/painting
- Do gardening
- Spend time with your family or a pet
- Write in a journal
- Help make a meal or do baking
- Go for a walk - enjoy nature!



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