

SHINE Webinar 10: Loneliness and young people – what we know and the implications for schools.

Presented by Dr Claire Goodfellow and hosted by the SHINE Network Manager, Dawn Haughton

Webinar 10 took place on 23rd March 2023. Dr Claire Goodfellow provided an overview of the findings from 3 academic papers on young people and loneliness with a view to exploring the implications for schools. The ensuing discussion with attendees, amongst whom were teachers, Local Authority staff and researchers, facilitated the sharing of practice and resources.

Below are some of the key resources associated with this webinar:

- **The three academic papers referred to in the webinar:**

1. Loneliness in young people: a multilevel exploration of social ecological influences and geographic variation: <https://academic.oup.com/jpubhealth/article/45/1/109/6499474>
2. Loneliness and personal well-being in young people: Moderating effects of individual, interpersonal, and community factors: <https://onlinelibrary.wiley.com/doi/10.1002/jad.12046>
3. Mental health and loneliness in Scottish schools: A multilevel analysis of data from the health behaviour in school-aged children study. <https://bpspsychub.onlinelibrary.wiley.com/doi/full/10.1111/bjep.12581>

- **The Mental health Foundation school packs:**

Loneliness

<https://www.mentalhealth.org.uk/our-work/programmes/families-children-and-young-people/resources/loneliness-school-pack>

All packs

<https://www.mentalhealth.org.uk/about-us/news/mental-health-foundation-releases-new-downloadable-school-packs-mark-youth-mental-health-day>

- **Mental Health Foundation: Loneliness Policy Recommendations**

<https://www.mentalhealth.org.uk/sites/default/files/2022-06/mhf-Loneliness-policy-recommendations-young-people.pdf>

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hbsc
HEALTH BEHAVIOUR
SCIENCE CENTRE
GLASGOW

Web: gla.ac.uk/shine | **Tel:** (+44) 141 353 7500

