

# How well do you know everyone in your class?

Loneliness is a big issue in Australia, with a recent study finding that one out of four people feel lonely every week. People living in poverty are even more at risk of loneliness, as poverty can affect relationships and social connections in many ways.

Anyone can feel lonely but we can all help each other avoid this feeling by making friends and sharing experiences. We can start right now.

**Sit with someone you don't know very well and write down three things you learn about one another.**

My name: \_\_\_\_\_ Person you got to know: \_\_\_\_\_

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**2.**

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**3.**

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