

# VINNIES YOUTH

# Helping the Lonely



**What is loneliness?** Loneliness is when a person is unhappy because they are alone and don't want to be, but you can also feel alone when you are around other people.

## Who do you think might be lonely?

### *The Elderly*

Some older people have trouble moving around and can go weeks without seeing anyone. Do you think they would be lonely?

**List some ways to support the elderly who might be lonely...**

### *The Homeless and those in prison*

The homeless and prisoners are avoided by people who are scared or look down on them. Do you think they get lonely?

**List some ways to support the homeless and those in prison who might be lonely...**

### *Someone you know*

There could be someone close to you who is lonely. Maybe they are a bit shy and don't talk much. If we see someone who is lonely, we should never walk away.

**List some ways to support someone you know who might be lonely...**



Vinnies Youth are funded and supported by:  
**SOCIETY OF ST VINCENT DE PAUL NEW ZEALAND**

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