

Benefits of being Socially active



Connecting with others is not only enjoyable but also provides us with a support base when we need it.

Sharing the good times and being supported in the not-so-good times is what friendships are all about.

Relationships and social connections provide us with a sense of belonging, which is essential for our mental health and wellbeing. Belonging to groups, whether formal or informal, large or small, local or even international, contributes to our identity and who we are.

Belonging helps define our sense of identity and satisfies our psychological need for friendship. It's important that we stay socially active on a daily basis.



Here are some suggestions on how to be socially active at school:

In the classroom

- Use social activity sheets - our 'Being a Great Mate' and 'How to Make Friends' sheets are available here:



actbelongcommit.org.au/programs-initiatives/mentally-healthy-schools

- Provide opportunities for students to sit and work with students they wouldn't usually.
- Become pen-pals with a class in another state or country.
- Encourage and model good social interaction, e.g. sharing, cooperating, eye contact and active listening.
- Practise social interaction through role-play and drama.

During break times

- Set up games and activities for students to easily connect over.
- Start a lunch group where students can sit and eat together.

Before and after school

- Create clubs or groups for students' different interests (maths club, drama club, Minecraft, etc.)

Whole of school

- Encourage a culture of inclusion and friendliness at the school:



aits.edu.au/docs/default-source/research-evidence/spotlight/creating-an-inclusive-classroom-culture-fact-sheet.pdf?sfvrsn=5cf3d33c_2

- Implement a peer system between students in lower year groups and upper year groups.
- Buddy bench - having a bench where students can sit if they feel lonely and other students can recognise this and make an effort to include student(s).
- Develop student groups, such as the garden club, sustainability club, Act Belong Commit club, etc. This enables students to be involved with a cause they are passionate about with like-minded students.

Outside of school

- Attend a local community event.
- Join a community group or youth group.
- Attend a workshop with like-minded people to learn about a hobby or interest.
- Join a sports team.
- Join a band or arts group.
- Provide school events outside of school for students, families and the wider community to attend (e.g. markets, discos, fundraisers, etc.)