

Projekt: „Inspire YOUTH“

A Project Against Loneliness Among Children and Young People

Dear Parents,

Today we want to talk about an important topic:
Loneliness among children and young people.

Did you know?

In Nordrhein-Westfalen (NRW), many children and young people feel lonely.
Among older teenagers, even **one in five** feels very lonely.
That was shown in a study commissioned by the state government.
Other studies from various countries also show:
Even in primary school, children can feel lonely.

The Project

AWO District of Western Westphalia is launching a project.
AWO stands for “Arbeiterwohlfahrt” (Workers’ Welfare Association).
The project is called “**Inspire YOUTH.**”
It aims to empower children in primary school
and help them feel **less lonely.**

The project will begin in **2025** and run for **three years.**
10 AWO all-day schools are participating,
located in **Bochum, Herne, and Gelsenkirchen.**
Your child’s school is also taking part.

Who is supporting the project?

The **Institute for Social Work and Social Pedagogy (ISS e.V.)** is supporting the project
through scientific research.
The **Welfare Care Foundation NRW** and the **State Chancellery NRW** are funding the
project.

Why are you receiving this information?

We want to inform you about the project and hope that you'll be involved!

What are the goals of the project?

1. For the children:

We want to make children strong and self-confident. They should understand their feelings well and get along with others.

2. For the adults:

We want to support the adults who are important to the children, such as staff at the all-day school, teachers, and **you as parents**. Adults should know what they can do **against loneliness**.

3. For the all-day schools:

The entire school organization should make a commitment to fight against loneliness—for example, by including this in the school's **quality and educational plans**.

How will the project work?

Step 1:

We begin by analyzing the current situation.
We will talk to everyone about loneliness: children, parents, staff, and teachers.
We will talk to children individually and in groups—and make it fun for them!
Staff members will also participate.
We will interview the adults.

Step 2:

Children can participate in activities offered in the all-day school, such as:

- Various activities

- Group games
 - Excursions
- It's important to spend time with others and build community.
- These are the themes the children will explore while having fun together.

Step 3:

You as parents can also take part in activities, such as:

- Information evenings on specific topics
 - Short workshops
- You'll learn what you can do to help prevent loneliness in your children.

Step 4:

There will be a week-long event called **"Mittendrin Aktionswoche."**

This event brings everyone together and fosters connection.

We will inform you about the exact date in due time.

Step 5:

Staff at the all-day school and teachers will receive training.

They will learn:

- What can they do to ensure children don't feel lonely?
- How can they help children understand their emotions and get along with others?

What happens with the results?

We will evaluate scientifically whether our measures are truly effective.

It is **especially important to us** to protect your child's data.

We will collect and process information about your child **anonymously**—
that means we will **never use or publish their names**.

This project will contribute to developing
a **statewide plan** to combat loneliness in North Rhine-Westphalia.
The results of our project will be important for that plan.

Why should you get involved?

You as parents are very important.

This project will only succeed with your support.
Together, we want to ensure that children
feel safe, supported, and not lonely.

We can only achieve that together.

So we warmly invite you
to participate in the project.

Do you have any questions about the project?

Please contact the project coordinator:

Anna Lottermoser

Phone: 0151 / 14312828

E-Mail: a.lottermoser@awo-ruhr-mitte.de

We look forward to your questions and ideas!

Thank you for supporting the “Inspire YOUTh” project!