

YOU ARE  
NOT ALONE



1. When was a time when you felt alone? Think about why you weren't completely alone? Explain.
2. Who can you go to and what can you do when you feel alone?
3. If you notice another student sitting alone at lunch or at a social gathering what can you do to help them?
4. What can school faculty and administration on campus do to support you and others?

for more information visit [safespace.org](https://safespace.org)