# THE MANY PLACES WE BELONG

**Belonging isn't just one thing or one place. You might belong in different ways across different parts of your life:**

### AT HOME:
With family members who know your quirks and support your dreams.

### AT SCHOOL:
In classrooms where your ideas are heard, with teachers who believe in you, and among friends.

### IN ACTIVITIES:
Music, dance, art or where your passions come alive.

### IN COMMUNITIES:
Religious or cultural groups, neighbourhood communities, online spaces, or volunteer organisations where you contribute and connect.

### WITH FRIENDS:
Those special people who truly understand you, make you laugh, and stand by you through good times and difficult ones.

### WITHIN YOURSELF:
The most important belonging of all – feeling comfortable in your own skin and accepting yourself as you are.

## FOSTERING BELONGING IN YOURSELF

## TOP TIPS FROM OUR CHILDREN AND YOUNG PEOPLE:

'Playing games with friends'

'Finding a place where you feel valued and welcome or people that make you feel this way'

'Doing things we enjoy'

'Try and make friends'

'Having an adult to talk to when not happy'

'By being more kind to people try new things and meet more people'

'By talking to people about feelings'

'Being around people you enjoy being with'

## A FEW MORE FROM US:

### Be authentic.
Rather than trying to “fit in”, focus on being your true self. Belonging comes from being accepted for who you are.

### Embrace your uniqueness.
Think about your strengths and qualities. Don’t be afraid to be different. Feeling comfortable with what makes you unique is key to building self-confidence.

### Follow your interests.
Join clubs or groups you enjoy. Whether it’s sport, video games, music, or crafts, shared interests is a great way to connect with others.

### Listen to yourself.
Pay attention to your feelings and try to understand what you need. For example, if you’re feeling lonely, listen to this and think about what might help you feel more connected.