**SOCIAL MEDIA FOR THE OPEN UP CAMPAIGN TO PREVENT LONELINESS**

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| **Image** | **X** | **Facebook / LinkedIn** |
| Lucas Static - Parents  A couple of children's toys  Description automatically generated with medium confidence | Signs of #loneliness can be hard to spot as young people struggle to #OpenUp about how they’re feeling 😔  Find out more about the signs of loneliness and how you can help a child visit ➡️ open-up.co.uk | Signs of #loneliness can be hard to spot as young people struggle to #OpenUp about how they’re feeling 😔  Find out more about the signs of loneliness and how you can help a child visit ➡️ open-up.co.uk |
| Zara Static - Parents  A toy dolls with a child inside  Description automatically generated with medium confidence | 1 in 9 young people sometimes feel lonely. Signs of #loneliness can be hard to spot 😕  Find out more about the signs of loneliness and how you can help a child #OpenUp ➡️ open-up.co.uk | 1 in 9 young people sometimes feel lonely. Signs of #loneliness can be hard to spot 😕  Find out more about the signs of loneliness and how you can help a child #OpenUp ➡️ open-up.co.uk |
| Sophie Static - Parents  A couple of dolls with faces  Description automatically generated with medium confidence | A child may appear happy on the outside 😃 when, on the inside, they feel lonely 😟  Find out more about the signs of #loneliness and how you can help a child #OpenUp ➡️ open-up.co.uk | A child may appear happy on the outside 😃 when, on the inside, they feel lonely 😟  Find out more about the signs of #loneliness and how you can help a child #OpenUp ➡️ open-up.co.uk |
| William Static - Parents  A child's face in a glass cup  Description automatically generated with medium confidence | Signs of #loneliness can be hard to spot as young people struggle to #OpenUp about how they’re feeling.  Signs of loneliness can include:  😔Lack of social connection  🥺Low mood and lack of interest  Find out how to spot the signs of loneliness in children ➡️ open-up.co.uk | Signs of #loneliness can be hard to spot as young people struggle to #OpenUp about how they’re feeling.  Signs of loneliness can include:  😔Lack of social connection  🥺Low mood and lack of interest  Find out how to spot the signs of loneliness in children ➡️ open-up.co.uk |
| Sophie Video - Parents  A hand holding a toy  Description automatically generated | It's normal for your child to feel lonely sometimes 😣  But there are lots of ways you can help your child tackle loneliness and encourage connection and well-being: ➡️ open-up.co.uk | It's normal for your child to feel lonely sometimes 😣  But there are lots of ways you can help your child tackle loneliness and encourage connection and well-being: ➡️ open-up.co.uk |
| Lucas Video - Parents  A hand holding a couple of cups  Description automatically generated | It can be hard to talk about feeling lonely, and children and young people might not want to say that they don’t have friends or feel left out 👪  Find out more about the signs of loneliness and how you can help a child visit ➡️ open-up.co.uk | It can be hard to talk about feeling lonely, and children and young people might not want to say that they don’t have friends or feel left out 👪  Find out more about the signs of loneliness and how you can help a child visit ➡️ open-up.co.uk |
| Zara Video - Parents | A child choosing to be by themselves or enjoying their own company is different to loneliness.  ❗ It’s important to know what to look out for and where to go to seek help. Find out more ➡️ open-up.co.uk | A child choosing to be by themselves or enjoying their own company is different to loneliness.  ❗ It’s important to know what to look out for and where to go to seek help. Find out more ➡️ open-up.co.uk |
| William Video – Parents | A child may appear happy on the outside 😃 when, on the inside, they feel lonely 😟  Find out more about the signs of loneliness and how you can help a child open up ➡️ open-up.co.uk | A child may appear happy on the outside 😃 when, on the inside, they feel lonely 😟  Find out more about the signs of loneliness and how you can help a child open up ➡️ open-up.co.uk |