**Friendship related resources**

**Links to documents**

* Feeling lonely

<https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/loneliness-isolation/>

* Top tips for making friends

<https://www.childline.org.uk/info-advice/friends-relationships-sex/friends/top-tips-making-friends/>

* Tips for young people

<https://www.actionforchildren.org.uk/how-to-help/support-our-campaigns/jo-cox-commission-on-loneliness/tips-for-young-people/>

* Top tips for developing talk

<https://www.thecommunicationtrust.org.uk/media/617945/tct_toptips_pdf.pdf>

* This website covers topics such as body image, friends, love life, dealing with confidence and anxiety and self-care. There is a wide variety of topics covered from real young people and their experiences.

<https://riseabove.org.uk/>