

WHAT IS BELONGING?

Belonging means being part of something.

It makes you feel good, confident, and tougher when things get tricky.

Not feeling like you belong can feel rubbish, so for Children's Mental Health Week and using the theme '**THIS IS MY PLACE**', we asked Place2Be for help.

WHERE DO I BELONG?

At home. My family know my quirks and still like me. Result.

Inside yourself. You're already great. Accept it.

With my friends. They make me laugh and stick around when things go wrong.

At school. My ideas get heard and teachers believe in me.

In clubs and activity groups. Same interests = instant connection.

THINGS THAT HELP US FEEL WE BELONG



BELONGING BASICS

BE YOURSELF.

Trying to fit in is exhausting. Being you works better.



LIKE WHAT MAKES YOU DIFFERENT.

Your strengths and quirks are not a problem. They're the point.

FOLLOW YOUR INTERESTS.

Clubs and groups are where people who like the same things hang out.

LISTEN TO YOUR FEELINGS.

Feeling lonely? That's your brain asking for more connection. Belonging isn't about changing who you are. It's about finding where you already fit.