

When You Don't Know Anyone in Your Class

A teen-friendly guide for feeling lonely, left out, or awkward at school.

SAME YOU. BRIGHT THINGS AHEAD. ♥

You do not have to be instantly confident. ♥

New place. New people. You've got this. ♥

1 What this can feel like

It's real, and it's more common than you think.



Awkward

You might feel unsure, out of place, or like everyone else already knows each other.



Lonely

You might miss having friends around you or feel like no one really sees you.



Invisible

It can feel like people don't notice you, even when you're trying.



Anxious

Your mind might race with "what if's" and worry about saying the wrong thing.



Not wanting to go

School might feel extra hard, and you might just want to stay home.



Overthinking every interaction

You might replay conversations and worry about how you came across.

It's a lot to feel different, but you're not alone. ♥



2 What to do on day one

Small steps can help you feel more comfortable, more quickly.



Sit near someone approachable

Look for someone who seems kind, is sitting alone, or who looks friendly (smiling, relaxed, open body language).



Say hi

A simple "Hi, I'm new here" can be enough. You don't have to say a lot!



Ask a simple question

Try something like, "Is this for a mark?" "Do we need any supplies?" or "What did I miss last class?"



Notice one friendly face

Even if you don't talk yet, just noticing someone who seems kind can help you feel less alone.



Arrive a bit early

Getting there a few minutes early gives you time to settle in and can make it easier to say hi.



Have a conversation starter ready

Keep a few ideas in mind like asking about the class, A homework question, or a comment about something in the room ("That poster is cool!").

Small steps still move you forward. ♥



3 If you feel left out

It doesn't mean you don't belong.



Try not to assume you did something wrong

People have their own stuff going on. It's often not about you.



Look for shared interests

Notice what you enjoy and look for others who like the same things (classes, hobbies, music, games).



Join one club, team or activity

It's a great way to meet people who already have something in common with you.



Talk to one teacher or counsellor

They can help you feel more connected and might know other supportive people.



Keep trying in small ways

Friendships take time. One conversation, one class, one day at a time. Every small step counts.

You belong here. Even if it feels hard right now. ♥



4 How to respond when loneliness hits

Try these tools to feel a little calmer and more in control.



Take a slow exhale

Breathe in for 4, hold for 4, breathe out for 6. Repeat a few times.



Name what you feel

It's okay to say, "I feel lonely," "I feel awkward," or "I feel anxious." Naming it can help it feel less overwhelming.



Text someone safe

Reach out to a friend, family member, or trusted adult. A quick "thinking of you" or "having a hard day" can help.



Take one small social step

Send a message, say hi to someone, or ask a question instead of isolating yourself. You don't have to do it all — just one small step.

It's okay to feel how you feel. Feelings are real, and they pass. ♥



5 Helpful reminder

"Belonging doesn't happen all at once. It's a process. You just have to keep showing up, and the right people will find you." ♥

Belonging can take time. And that's okay.

DIFFERENT PATHS
SAME BRIGHT FUTURES ♥

6 When to get backup

Reach out for extra support if you notice:



You feel isolated for a long time

You still feel alone after a few weeks, even when you're trying.



You have ongoing anxiety or panic

You feel overwhelmed a lot or have frequent panic attacks.



You're being excluded or bullied

You're being left out on purpose, treated unkindly, or don't feel safe.



You're skipping school or avoiding classes

You find it really hard to go or stay at school.



You feel hopeless

You feel like things won't get better or you just can't do this.



You are more than a new student. You are enough just as you are. ♥