**Buddy Benches**
the solution to your isolation

**What are buddy benches?**
Buddy Benches are actual benches in school that invite students to help classmates in need.

**How do buddy benches work?**
If someone is looking for a new friend, they can sit on the buddy bench. When a classmate sees someone sitting there, they can make a new friend.

**YAY!**

These benches are designed to reduce feelings of depression and/or anxiety.

**What does isolation cause?**
Research shows that social isolation causes negative health outcomes such as depression and anxiety.

**How do I reduce these negative outcomes?**
Recommendations to reduce these negative outcomes include teaching strategies for resiliency.

**Even before COVID-19, changes everyone's lives, bullying and exclusion were very prevalent, especially in schools!**
BUDDY BENCHES
the solution to your isolation

What are buddy benches?
Buddy Benches are actual benches in school that invite students to help classmates in need.

How do buddy benches work?
If someone is looking for a new friend, they can sit on the buddy bench. When a classmate sees someone sitting there, they can make a new friend.

YAY!

These benches are designed to reduce feelings of depression and anxiety.

What does isolation cause?
Research shows that social isolation causes negative health outcomes such as depression and anxiety.

Even before COVID-19 changed everyone’s lives, bullying and exclusion were very prevalent, especially in schools.

How do I reduce these negative outcomes?
Recommendations to reduce these negative outcomes include teaching strategies for resiliency.

EXCLUSION

IN
**BUDDY BENCHES**

**What are buddy benches?**

Buddy Benches are actual benches in school that invite students to help classmates in need.

**How do buddy benches look?**

If someone is looking for a new friend, they can sit on the buddy bench. When a classmate sees someone sitting there, they can make a new friend.

YAY!

These benches are designed to reduce feelings of depression and anxiety.

**What does isolation cause?**

Research shows that social isolation causes negative health outcomes such as depression and anxiety.

Even before COVID-19, bullying and exclusion were very prevalent, especially in schools!

**How do I reduce these negative outcomes?**

Recommendations to reduce these negative outcomes include teaching strategies for resiliency.