

Competition: The National Design Competition

School: Crescent Girls' School

Team Name: A Better Tomorrow

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Problem Statement: Social Wellness- design solutions to reduce social isolation and loneliness, improve social support networks and create opportunities.

Target Audience:

Teenagers(13-18)

Reason: We felt that we could empathise with this age group better and understand their problems more.

Statistics:

- More than 70% of teens at 18 experience loneliness
- In Singapore 1 in 3 young people have mental health symptoms which includes loneliness

A survey was conducted to find out if teens need a place to be themselves.

- Participants feel like they can't find someone who they can share their hobbies with.
- They would like to have a space where they can interact and find those of similar interests
- They often feel lonely and stressed
- They feel schools don't give them enough free periods to pursue their interests.

Solution:

A space for our target audience to connect with others. This space was built for lonely teens to find company where they can find people who are like-minded. Also, their loneliness gives additional stress to their already stressful school life. This space can also help them relax and wind down since they are not lonely and socially isolated anymore. This will be like a "Club". We plan to get MOE help to implement this "Club" after school in secondary schools, Junior colleges and Polytechnics.

- Everyone will try out this club during their CCE(Character & Citizenship Education) to see if they think this will be helpful for them. A person may be surrounded by many people all the time and they seem not lonely but actually inside they are very lonely so we would like everyone to try this at least once and see if this club is what they need to improve their social network.
- To sign up they just need to take the consent form and fill it in .
- There will be a suitable teacher who checks in every 30 minutes. If the teacher finds some encouragement is required he/she will encourage students to talk more.

- *Frequency & Time: Weekly twice, Minimum: 1 Hour Max: 2 Hours
- Every session, one person will be the sole focus.
- Every session everyone will bond while doing the the one person (Focus) hobby.
- The one person(Focus) will help other people when they are doing the one person's hobby and this will improve social and interacting skills.
- They do the activities with their cohort.
- There is a Private room where students can take to teachers personally if they need to share something or the teacher would like to sp

*Will reduce in Term3 and Term4 due to exams

Before signing up, students will be suggested do QnA to determine if the sessions will be good for students.

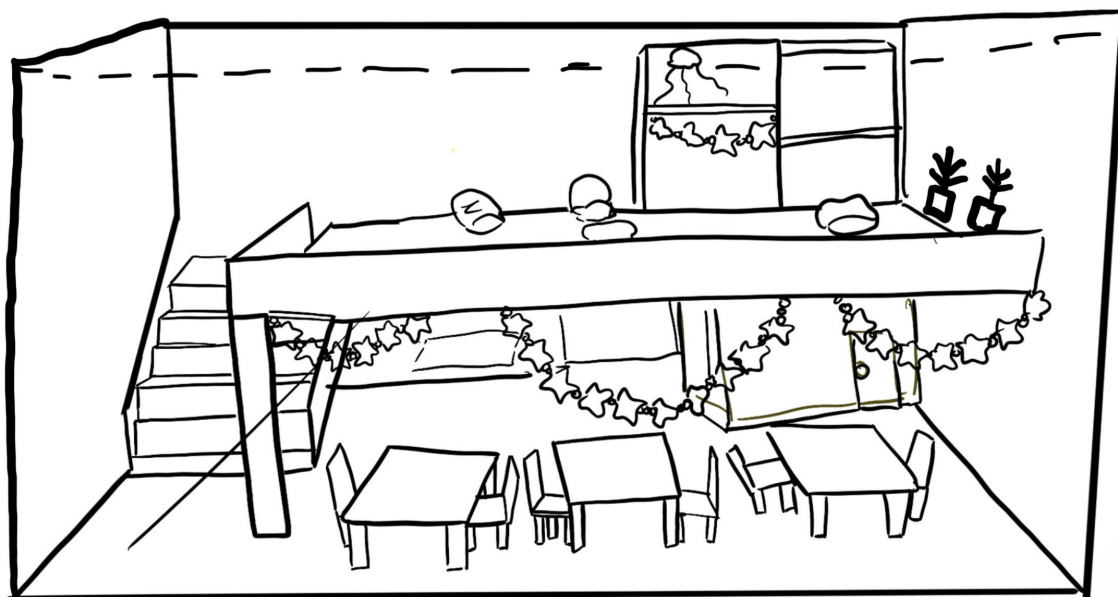
Students can essentially sign up on their own.

On the first session:

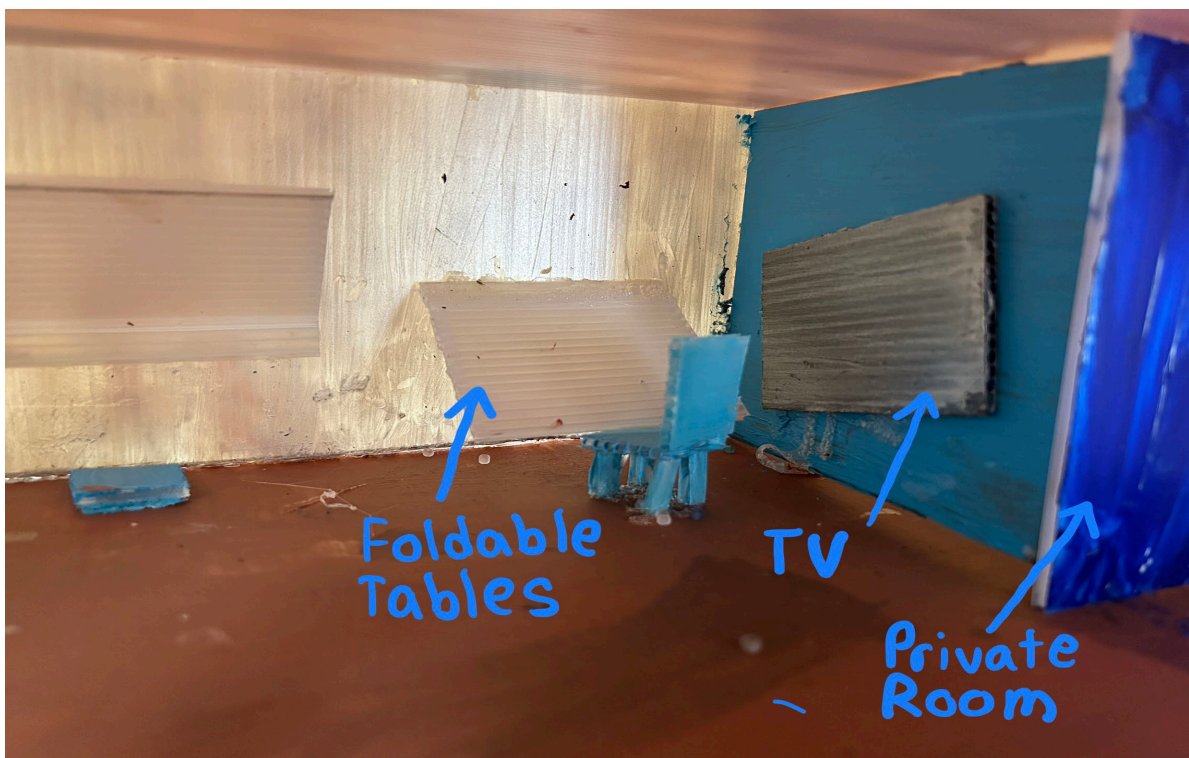
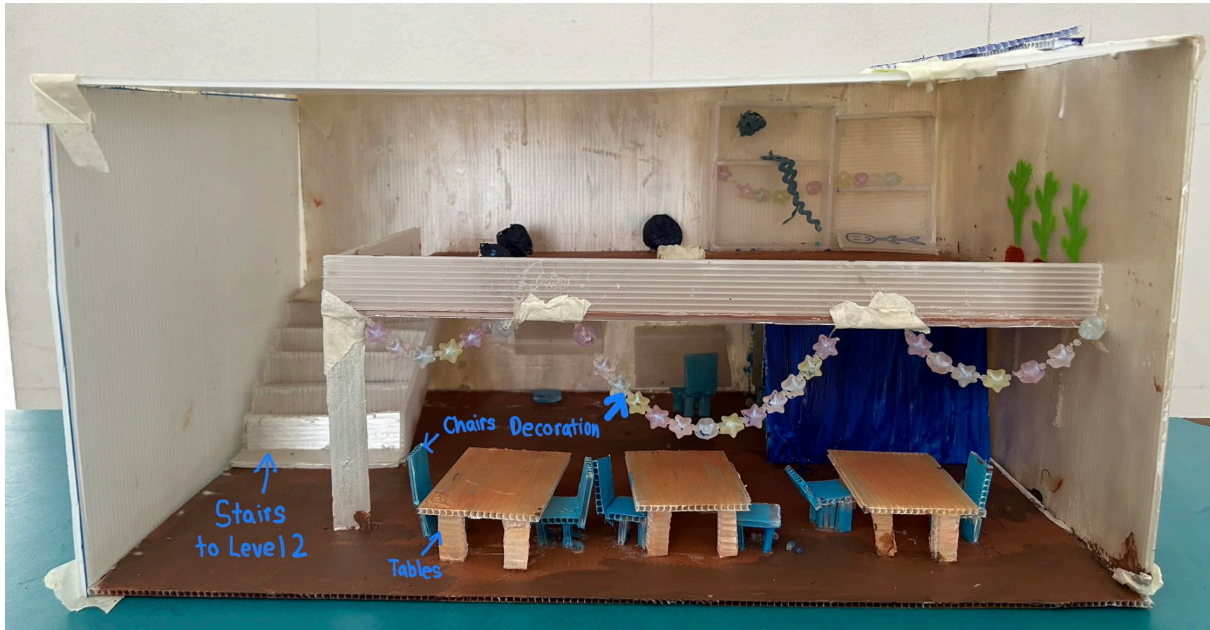
Students will write on a A5 paper full name, write an interesting fact about themselves and draw a picture that represents themselves

Prototype of the building where the sessions will take place :

Sketch



Prototype





- Tables and Chairs to sit.
- There are bean bags to sit comfortably.
- There are shelves to store items.
- There are some decorations to make it more cozy
- There is a foldable table so when not in use it can be against the wall making more space .
- There is a television in case there is a need to play videos.
- There is a Mini Garden. Greenery calms the mind and helps the student to relax. There will be a glass panel to allow sunlight to pass through for the plants.

In Real life the building will be ...

Height: 6m

Length: 12.6m

Width: 11m