

YOU ARE

NOT ALONE

ONLY7SECONDS

INTRODUCTION AND BACKGROUND

We are on a mission to end loneliness. We do this by encouraging and empowering people to connect with others who matter in their lives. We share stories and messages to inspire connection and vulnerability while building empathy. We believe that every life matters and has significance. We have created programs and resources because we believe it is critical to end loneliness by encouraging people to share this message.

At Only7Seconds, diversity, equity and inclusion are part of our DNA. Only7Seconds is a movement for all people. Loneliness does not discriminate and neither do we. We seek to inspire intentional connection with people of all ages, accessibilities, disabilities, ethnicities, races, genders, sexual orientations, cultures, backgrounds, creeds or religions. To end loneliness, every single person must have a sense of belonging and significance. We are inspired by the work of the surgeon general of the United States, Dr. Murthy. His book, Together, looks at loneliness in depth.



"While technology promises to connect us, it can also isolate; while mobility means our loved ones are only a train ride or flight away, we also move away from the communities where we grew up; while we increasingly have the opportunity to pursue our individual destinies, we can put our own goals ahead of our relationships and community; and despite all of the progress we have made in how we talk about mental health, we are still ashamed of feeling lonely."

—DR. MURTHY, US SURGEON GENERAL

Combined with what we know and the clear call to action that is in front of us, we are providing tools for you to help your students to not only feel empowered to connect with others but to also ask for the help they need when they feel lonely.

SCHOOLS PROGRAM OVERVIEW

To support our mission, we are pleased to welcome you to our Connection Curriculum. We are so excited to work with you to empower students and staff to make intentional connections. Loneliness is one of the only shared human experiences that every person has faced in their lifetime, and currently the rates of loneliness have reached epidemic levels. Studies continue to show that loneliness has a multiplier effect on both mental and physical health challenges. **We believe the solution to loneliness starts with intentional connection.** When we are connected with others, we feel less lonely. When we hear similar stories with shared experiences, we feel less lonely.

Through this curriculum, we feature stories from individuals with unique and diverse experiences, challenges and successes. These stories are provided to inspire individuals to connect with others and provide a place for conversation and reflection as they build empathy.

Each month we encourage students to connect with themselves and to complete a connection challenge to focus on the relationships in each of their lives. Our challenges are focused around the relationships in students lives that they want to enhance and grow. The following month, accountability partners in class will engage students together on how the challenge went and continue the cycle throughout the year. These accountability partners are another layer of support to protect our students in this epidemic of loneliness.

Our curriculum fits with the other Social Emotional work already being done in schools. Whether you are using a scripted SEL curriculum, focusing on Restorative Justice, or anything in between and beyond, the Connection Curriculum is designed to layer with those programs to support your students needs.

During the year, the curriculum encompasses elements of the CASEL framework:

- Self Awareness
- Self Management
- Social Awareness
- Relationship Skills
- Responsible Decision Making

Through our videos, conversations and challenges, we hope that you will engage with your students to create a culture that is focused on ending loneliness.



VIDEOS & RESOURCES

Each month you will receive a video with supporting materials. It is our hope that you use the video to start a conversation with your students to build their empathy skills. You have access to questions to help facilitate conversations with your students. We recommend that you create small groups of 2-4 students that will have ongoing conversations throughout the year. These accountability partners create a safer place for students to show vulnerability and really engage in conversation. As you lead the conversations, these small groups become a place where your students can share their emotions and thoughts. Each month, the accountability partners also provide a logical place to check in on how the challenge from the previous month went. In addition to being a pedagogical best practice, these groups allow students to also build connections--an important element to ending loneliness.



KEA YAMAMOTO



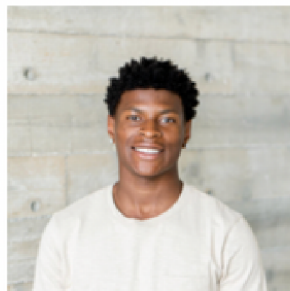
MARIO GONZALEZ



VIK CHOPRA



MAC & HAILEY POTTS



DANNY RIGSBY



MARIAH PAZ



ETHAN WALL



IZZY BORING



LYNDSLEY SPRINKLE

BUILDING CONNECTIONS

Each month, we have students connect with themselves to develop a habit of acknowledging emotions and building a strong foundation of self awareness. We then challenge students to create deeper relationships with the people in their lives. The challenges are designed around relationships that fit into concentric circles with the student at the center--circles of care or influence. We encourage you to support your students as they identify and develop the relationships that matter to them.

The process of connecting with self and checking in with accountability partners is designed to be repetitive so students build strong habits in these areas. Our challenges are sometimes more novel and fun to keep the work feeling new, however, we know that routine matters so using a challenge over again is absolutely appropriate!

TEACHER ROLE

Your role is straight forward--show the videos, create the accountability groups, lead the conversation and present the connection opportunities. And your role is vital--continue to focus on developing relationships and intentional connections with your students to end loneliness.

We hope our materials encourage you and help to lighten your load. We also recognize that there may be big reactions to the material our storytellers share in the videos, as part of the program we encourage you to partner with your school counselor, or local mental health resource providers to access the care your students may need. We continue to develop a database of resources on our website to help you as well.

RESEARCH

In an effort to offer this curriculum more widely, we are engaged in doing research on the effectiveness and impact we are having. You may email us directly at schools@only7seconds.com at any time to provide feedback. Look for monthly surveys to share with students as this work continues.

CONCLUSION

In a world that moves fast, many people feel isolated and alone. We believe that through intentional connection and our Connection Curriculum we can provide you tools to create a culture that supports students when they feel lonely. When we can remove the stigma and ask for the help we need while providing connection to those around us, then we are on our way to ending loneliness in our world. Thank you for being in this with us, **you matter so much and because you matter, we stand ready to support you in this mission.**