



YOU ARE NOT ALONE

ONLY7SECONDS

INTRODUCTION AND BACKGROUND

We are on a mission to end loneliness. We do this by encouraging and empowering people and partners to connect with others who matter in their lives. We share stories and messages to inspire connection and vulnerability. 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 an epidemic that no one is immune to. Loneliness is one of the only shared human experiences that every person has faced in their lifetime. 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 will both inspire individuals to connect with others and encourage some that may feel lonely in similar shared experiences.

Following the videos, there will be additional discussion topics to lead conversations around loneliness and connection. Finally, each month there is a connection challenge for students and staff to focus on the relationships in each of their lives. These challenges will create a foundation throughout the school year that will equip students with some simple ways to intentionally make connections with others.

We believe that this work fits with the Social Emotional work already being done in schools. Whether you are using a scripted SEL curriculum, focusing on Restorative Justice and anything in between and beyond, the Connection Curriculum will work for your students.

During the year, the curriculum (the videos, the connection conversation starters and the challenges) will encompass elements of the CASEL framework: Self Awareness, Self Management, Social Awareness, Relationship Skills and Responsible Decision Making. We know when students grow their skills in each of these areas, they are better equipped to combat stressors in their life. 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 about connection. **We know that over the course of the year that each student may not connect with each video, but it is our hope that throughout the year there is something for everyone to find a message that resonates.** Our storytellers share powerful insights into how they have come out the other side of loneliness by finding connection. As your students watch the video each month, we believe that they will be reminded of someone in their life, in their circles of connection. We would like you to encourage them to reach out to those people immediately. Then, we hope you will lead a conversation about connection using our prompts.



KEA YAMAMOTO
Intro & Personal Connections



MARIAH PAZ
Relationship Connections



DANNY RIGSBY
School Connections



VIC CHOPRA
My Story Connections



MAC & HAILEY POTTS
Interest & Activity Connections



MARIO GONZALEZ
Role Model Connections



IZZY BORING
My People Connections



LYNDSEY ROBERTS
Community Connections



ETHAN WALL
My Expanding Connections

CONNECTION CHALLENGES

Our monthly challenges are set up to encourage students to create deeper relationships with the people in their lives. We have thought about it as concentric circles with the student at the center. First we have students connect with themselves and then each month connect with another circle in their life. We recognize that not all relationships are equal and we want to call out that we did not name the circles based on specific relationships like family and friends because in doing so we thought we could potentially add to the isolation that some students may feel if those are not their primary relationships. We encourage you to support your students as they identify and develop the relationships that matter to them even more than the relationships that they feel like they should have. Over time, maybe there is an opportunity to address more strained relationships, but to start our program encourages deepening existing relationships through intentional connection.

TEACHER ROLE

Your role is simple--show the videos, lead the conversation and present the connection challenge. 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 the 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 have worked with your administrator to ensure that your counselor has access to additional resources, please don't hesitate to seek more support if you or your students need it.

NOTE: It is important to us that teachers facilitate this program, we do not believe at this time that it would be appropriate to have student facilitators due to the sensitive content. Additionally, we want all students to stand on equal footing as these connections are made and any time we ask students to facilitate or lead there is a risk of leaving others out and that would create the opposite effect than what we are trying to accomplish!

HOW TO GET INVOLVED

As a pilot school, we are counting on you to provide us feedback on the videos, the conversations and the calls to action. We have provided you a form to complete each month to offer feedback along the way. We also want to encourage you to email us at any time if there is something additional you need or if you have ideas for other activities. We would love to hear your connection stories. Please don't hesitate to reach us at: schools@only7seconds.com.

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.**