

DECK2CONNECT: A HOW TO PLAY GUIDE

Young people deserve spaces where curiosity, connection, and care are the norm, not the exception. **Deck2Connect** brings together the heart of **Only7Seconds**' mission to end the youth loneliness epidemic and **ReThink Citizens**' vision of educating and empowering today's youth to create the digital world that they deserve. This free digital card deck is designed for youth by youth, and features a collection of 30 thoughtful, youth-centered questions designed to facilitate connection and self-reflection on digital wellbeing. Swipe through to spark conversations, deepen relationships, and help young people feel seen. **It's easy to use anywhere: simply open, select a question, and let the conversations unfold.**

How This Deck Works

Every element of the card is there to support meaningful conversation, reflection, and connection. **Participants can answer verbally, in writing, or via other forms of media. "Passing" on a question is always acceptable.** At the top of each card is the depth meter, represented by one, two, or three dots. Facilitators and participants can use this to choose questions that match the group's comfort and energy levels. It indicates how personal or reflective the question is:

- One dot: light, low-pressure prompt
- Two dots: medium, reflective prompt
- Three dots: deep, meaningful prompt

Each card includes a resource link at the bottom, offering articles, videos, or toolkits related to the topic. These resources are optional and designed to:

- Help participants explore topics further
- Support reflection or journaling
- Provide guidance for digital wellbeing, self-care, or community action

Each card also includes a theme, such as Connection Inward, Connection Outward, Digital Mirrors, or Boundaries & Burnout. Themes help:

- Guide the focus of the conversation
- Assist facilitators in selecting cards for session goals
- Allow youth to choose topics that resonate with them

Together, each component of the card deck gives groups the flexibility to engage at their own pace, explore topics that resonate most, and connect with themselves and each other in a safe, meaningful way.

Using the Deck as a Facilitator

The Deck2Connect is a flexible tool designed to help young people engage in meaningful conversation, reflect on themselves and their communities, and strengthen connections, both online and offline. It works for classrooms, advisory periods, youth programs, clubs, afterschool activities, multigenerational conversations, or informal gatherings.

Using the Deck

1. Set the stage

- Introduce the deck's purpose: "These cards are here to help us slow down, share our stories, connect meaningfully, and practice listening to each other."
- Review norms for safe conversation: passing is allowed, listening without judgment, and respecting confidentiality, etc.

2. Check the depth meter

- Each card has a depth indicator (1-3 dots) showing how personal the question may be.
- Start with lighter questions (1 dot) and move toward deeper reflection (2-3 dots) as the group builds trust.

3. Facilitate conversation

- Read the question aloud and give participants time to reflect.
- Encourage optional follow-ups: "Can you say more about that?" or "What did you learn from that experience?"
- Model openness and curiosity, but do not share more than necessary. Participants' stories take priority.

4. Incorporate resources

- Many cards include links to articles, videos, or toolkits. These are optional but can deepen learning or provide strategies for self-care, digital wellbeing, social health, and connection.
- Resources can be explored individually, as a group, or as follow-up activities.

5. Use flexible formats

- **Round-Robin / Circle:** Each participant answers the same card in turn.
- **Paired Conversations:** Youth answer cards in pairs before sharing with the larger group.
- **Choose-Your-Own Adventure:** Display the cards and let participants pick prompts that speak to them.

6. Close with reflection

- Invite participants to share one takeaway or insight from the session.
- Encourage discussion about how participants might practice what they explored in their daily life.

Tips for Facilitators

- Respect participant boundaries: passing or choosing an alternative question is okay.
- Create a safe and inclusive environment where curiosity and empathy are modeled.
- Adapt sessions to your group's size, energy, and needs. Short sessions can use a few cards; longer sessions can explore multiple themes.

Deck2Connect is designed to be simple, adaptable, and effective. By guiding participants through reflection, dialogue, and optional action, facilitators can help young people build confidence, empathy, and connection skills that extend beyond the activity.

Using the Deck Youth-to-Youth

If you're using the deck with friends, teammates, or your club, you don't need to make things formal. **The only real rules are: be kind, be curious, and let people answer in the way that feels right for them.**

First, select a card and think before you answer. Take a moment to read the question and see what speaks to you. You can answer out loud or write it down. "Passing" is okay. You don't have to answer every card. Also take a second to look at the depth meter before answering. If you're tired or just hanging out, one dot might feel better. If you're already talking about deeper stuff or want to get to know each other more, go for two or three dots.

Every card links to a resource because conversations sometimes open doors you didn't expect. Maybe you talk about loneliness and want ideas for reaching out. Maybe you discuss social media stress and want tools to handle it. Maybe something hits close to home, and you want to know you're not alone. The links are there for you to explore any time.

There's no specific format for playing. You can each answer in a circle, jump around popcorn-style, or break into pairs. You can even take a minute to journal or doodle before sharing. **What matters most is that you understand each other a little better than before.**

Tips for Connecting

- Be curious: Ask "Can you say more about that?"
- Listen actively. Sometimes just being heard is enough.
- Respect boundaries: passing or choosing another card is fine.
- Have fun! Laugh, share, and enjoy the moment.