



## A WORLD WITHOUT LONELINESS

INSPIRING INTENTIONAL, MEANINGFUL CONNECTION

Only7Seconds is a 501(c)3 nonprofit organization on a mission to end the youth loneliness epidemic. Loneliness is the inability to connect in meaningful ways and it impacts all aspects of life, particularly our health and wellbeing. When we lack human connection, our physical, emotional, social and mental health all suffer. Youth are particularly susceptible to loneliness, with research showing a staggering 79% of youth report feeling lonely.

### OUR PROGRAMMING MISSION:

To address the root of loneliness leading to isolation by creating an inclusive environment where youth are encouraged and equipped to create a culture of connection and carry out the mission of Only7Seconds.

#### CLUB7

Club7 is about the power of small moments in building a connected community. Small moments accumulate into big changes. Every youth has the potential to combat loneliness and create a ripple effect of kindness, belonging, and connection. Club7 meets in community spaces or in schools. Club7 is youth-led, with the support and mentorship of an adult advisor. Club7 equips youth to lead culture change through: 1) Youth Leadership, 2) Weekly meetings focused on the big ideas of social health and connection, and 3) Monthly community-wide Connection Challenges.

#### SHARE DAY

Each month on the 7th, Only7Seconds supports youth everywhere to Spread Hope and Remind Everyone. The message of hope might be that they matter, their story is still being written, or they are not alone in their story. It only takes 7 seconds to reach out, spread hope, and change a life.

#### CONNECTION CURRICULUM

The Connection Curriculum is grounded in Circles of Connection with each person at the center of their relationships. We guide teachers and youth to create an environment where intentional and meaningful conversations take place through 30 lessons.

Empathy lessons help youth connect to each other, Personal Connection lessons help students connect with themselves to build a base for all other relationships. Connection Challenge lessons help youth build new and deepen existing connections. Youth learn "My Story Matters", "Empathy Matters" and "Connection Matters".

#### SPONSORSHIP

- Sponsor a Club7 site at \$1,000 per year
- Sponsor a Club7 site with additional resources, custom t-shirts, and community engagement materials at \$3,000 per year
- Schools need \$5-\$7.50 per student to fully fund the Connection Curriculum
- Donate directly to Only7Seconds:  
[www.only7seconds.com/donate](http://www.only7seconds.com/donate)



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