

Thanks for your interest in our inaugural study, *Belonging: Reconnecting America's Loneliest Generation* (March 2020). We are eager for you to read our report, as we believe its findings could not be more relevant, given this time of both social distancing and communal caretaking — a time in which aloneness may be the norm, but loneliness doesn't have to be.

What did we discover?

Throughout the interview process, we asked questions about where young people felt a sense of belonging. But every time we asked specifically *where*, the young people pushed back. Over and over, they would tell us *who*—who created a sense of belonging for them. It turns out that the place or setting didn't matter nearly as much as the relationships these young people had with family, friends, and caring adults.

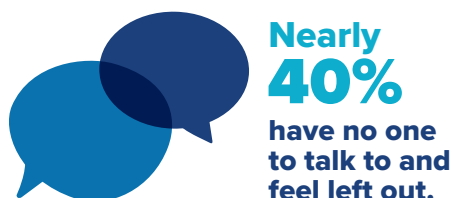


Belonging: Reconnecting America's Loneliest Generation

is a nationally representative report collected through both surveys and interviews. *Belonging* examines the intersection of two critical social currents in the lives of young people: declining trust in social institutions (religious and cultural) and rising social isolation resulting in severe loneliness. **In short, we wanted to understand how and where young people can and do find belongingness amid these currents.**

HERE ARE THE FIVE KEY TAKEAWAYS

- 1 Our youngest generations are the most lonely and isolated generations that have ever existed.

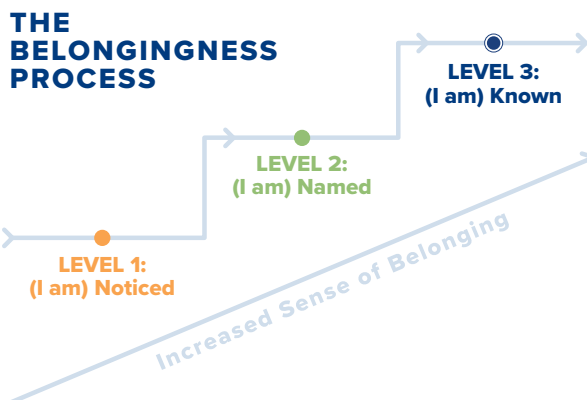


- 2 Young people don't trust institutions. They trust relationships.

On a scale from 1 to 10, over 60% of young people rank their trust level at 5 or lower for all institutions except nonprofits—including schools, banks, organized religion, government, and others.

- 3 Participating in religious groups has no protective effect on the epidemic of loneliness and isolation.

- 4 Creating a feeling of belonging is a process. A clear pattern emerged from our data about how young people experience the deepening of relationship. We call these steps *feeling noticed, named, and known*.



- 5 Relationships with trusted adults are key for helping young people to feel like they belong. The presence of just one trusted adult in a young person's life cuts severe isolation in half.

Springtide™ Research Institute doesn't pursue merely "interesting" data, or data for data's sake. Rather, we combine quantitative and qualitative research to reflect and amplify the lived realities of young people as they navigate shifting social, cultural, and religious landscapes. Delivering fresh data and actionable insights, **we equip those who care about young people to care better.**

In the case of loneliness, we believe our data demonstrates that organizations and individuals alike have the skill and capacity to do something about the epidemic levels of isolation young people experience today. **There's a lot more to discover and a lot more detail to unpack inside *Belonging*.**

For media queries or questions or to schedule an interview with Dr. Josh Packard, Executive Director of Springtide Research Institute, please contact Ellen Koneck: ellen@springtideresearch.org.