

# CREATING A CULTURE OF CONNECTION IN AUSTRALIA

Meaningful connections for every Australian at every age



## Education

Teachers and educators understand loneliness and prioritise initiatives like buddy and mentoring systems, focused learning sessions, and safe spaces for meaningful student connections.

## Government

A National strategy with policies and frameworks across Federal, State, and Local Government to promote meaningful social connections and mitigate loneliness and social isolation.

A stylized line-art illustration of a government building with a flag on top. There are 'X' marks and asterisks around the building, suggesting a focus on policy and strategy.

## Workplaces

Employers and employees are equipped with the knowledge and skills to develop and maintain meaningful social connections in the workplace.

An illustration of a person with long hair wearing headphones, sitting at a desk and working on a laptop. The person is looking at the screen. There are some abstract shapes and lines around the laptop.

## Health

Health professionals understand loneliness and the health benefits of social connection, identifying at-risk individuals and responding with an array of solutions including social resources.

A stylized illustration of a heart shape with a pulse line (EKG) running through it. The heart is white on a dark background.

## Community

Local councils and services understand loneliness affects everyone and provide free and low-cost events, activities and accessible spaces to facilitate meaningful social connections.

An illustration of a group of four people: a man in a blue shirt and glasses, a woman in a white shirt, a woman in a red shirt, and a person in a wheelchair. They are all looking towards the viewer.

## Home/Family

A commitment to quality time (purposeful and focused) with partners, children, family, housemates, neighbours to strengthen bonds.

An illustration of a person standing next to a stylized tree. The person is wearing a white shirt and dark pants. The tree is white with a brown trunk.

An illustration of an elderly person with white hair and a cane, being supported by a younger person. The elderly person is wearing a white shirt and dark pants. The younger person is wearing a red shirt and dark pants. They are standing in a garden with flowers.

## FOUR PILLARS

underpin and support the culture of connection. These pillars focus on developing knowledge, taking action, facilitating connection and creating safe spaces to make connections meaningful.



### Understanding of loneliness

Knowledge and skills to recognise, prevent, or respond to loneliness that is distressing and, or persistent.

### Quality time

Focused and purposeful time which enables people to feel valued, heard and seen.

### Connectors

Peers or organisations that facilitate and maintain meaningful social connection.

### Spaces for connection

Safe and accessible spaces (infrastructure, activities and initiatives) that bring people together to facilitate social connection.