



Let's Grow: Planting New Connections

Identified as a top program by the Surgeon General's office to improve social connection in schools.

WHAT

Our leading national program, **No One Eats Alone® (NOEA)** is a positive prevention program for grades 5-8 that encourages youth to sit with others, find new friends, and model ways to end social isolation in the lunch room. This year, our theme is **Let's Grow: Planting New Connections**.

When you register, you receive:

- **3 Lesson Plans:** On social isolation, understanding our emotions, and how to take actionable steps to cultivate belonging
- **A Student Leader Guide:** An instructional manual on how to run a NOEA Day at your school
- **A Free Belonging Box:** Includes updated conversation starters for students to connect with someone new, and supplies to create a community-building mural shipped to you for NOEA Day

WHY

Studies indicate the negative impacts of social isolation include increased rates of academic failure and truancy, and increased risk of adverse medical outcomes. Students have shown that given the tools, they will stand up for others as empathetic and caring activists, and can contribute to a culture of belonging at school.

WHEN

NOEA Day is February 16, 2024, but you can do this event anytime in the school year.

QUESTIONS?

Email info@beyonddifferences.org

Join the over 2,500 schools that sign up annually! To register for your free Belonging Box and NOEA Curriculum, contact:



Name:

Email:

or [Sign Up Here](#)

