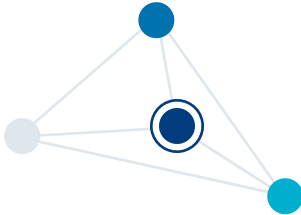


An abstract graphic featuring various colored circles (orange, light blue, teal, red, green, brown, dark blue, and maroon) connected by thin grey lines. Some circles are solid, while one is dashed. The lines form a network-like structure across the page.

BELONGING

Reconnecting America's
Loneliest Generation



BELONGING

Reconnecting America's
Loneliest Generation

A SPRINGTIDE™

A PROMISE.



TO YOU

... who are young, full of wonder and possibility. You who are navigating some of life's most important questions and most tumultuous waters. You who are sometimes flourishing and sometimes floundering and oftentimes both. You who are at once being and becoming.

We dedicate our work to your thriving.

We dedicate ourselves to understanding your inner and outer lives.



TO YOU

... who are fiercely devoted to young people. You who advocate for and walk alongside young people with steadiness. You who are unwavering amid the waves.

We offer our research as an aid to the role you already play.

We offer ourselves as allies in accompaniment.



TRIBUTE. A PLEDGE.



AND TO

... the waves that crash, the currents that bend and beckon, the dark depths, and the effervescent crests. To this all-important period of life: worthy of considered listening and faithful retelling, worthy of companionship, worthy of care.

We situate our work at this intersection of human and religious experience in the lives of young people: a space of ebb and flow, of calm and chaos, of clear and murky moments.

A space we are dedicated to exploring and engaging



WITH YOU.



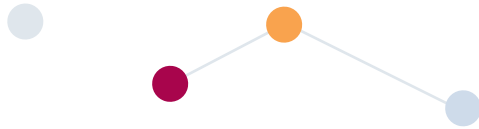


OUR MISSION

Compelled by the urgent desire to listen and attend to the lives of young people (ages 13 to 25), Springtide™ Research Institute is committed to understanding the distinct ways new generations experience and express community, identity, and meaning.

We exist at the intersection of religious and human experience in the lives of young people. And we're here to listen.

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. By delivering fresh data and actionable insights, we equip those who care about young people to care better.



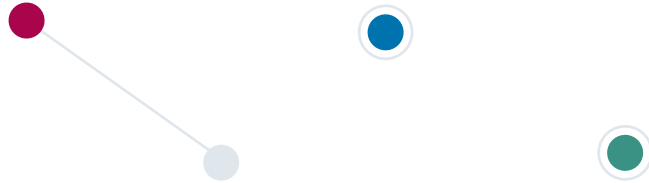
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SECTION I:
**THE LANDSCAPE
OF LONELINESS**







FIRST FINDING

MANY YOUNG PEOPLE ARE LONELY

Our national survey was directed at identifying the extent of young people's experience of loneliness, social isolation, and stress. For our purposes, we define *loneliness* as “a persistent state of being in which a person feels isolated, unsupported, and without close friends.” Social isolation is closely related, as it is the state of having no or little contact with societal organizations or groups. Loneliness and social isolation are almost always connected in an individual's experience.

Loneliness: *A persistent state of being in which a person feels isolated, unsupported, and without close friends.*

To understand the impact of loneliness and social isolation, we employed UCLA's Loneliness Index, a widely used set of twenty questions that identify the experience of loneliness and social isolation from different perspectives. To each statement, respondents answered “never,” “rarely,” “sometimes,” “always.” The chart on page 16 shows the percentage of respondents, ages 13 to 25, who answered “sometimes” or “always” to each question.

Young People’s Experience of Loneliness

Percentages of 13-to-25-year-olds who AGREE (responding “sometimes” or “always”) with each statement.

● **Total Sample**

● **Those Who Attend Religious Gatherings**

I have nobody to talk to.



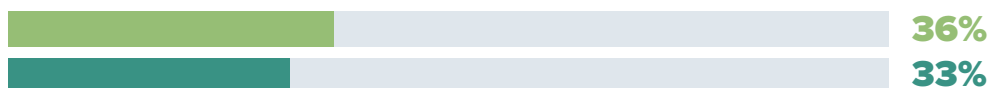
I feel completely alone.



I feel as if no one understands me.



No one really knows me well.



It is difficult for me to make friends.



These responses are troubling. They indicate that one in three of our young people feel completely alone much of the time. Forty-five percent feel as if no one understands them. Nearly 40% have no one to talk to and feel left out. The statistics are devastating; the human consequences are heartbreaking.

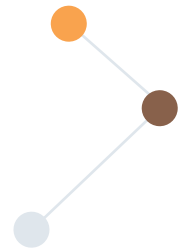
Religious institutions have historically been sources of connection, so we were curious if these same percentages held for young people who attended some type of religious gathering.





**One
in three**

**of our young people
feel completely alone
much of the time.**



Nearly 40%
**have no one to talk
to and feel left out.**





As you see, when compared to the overall sample (see page 16) there is very little difference between the total population and those youth who participate in religious groups. **Participating in religious groups has virtually no protective effect against the experience of loneliness.** Over 37% of young people who attend religious groups still say that they have no one they can talk to. Over one in ten (12%) of young people who attend religious gatherings feel left out *all* the time. Where we expected to find a buffer between a young person and the rising tide of isolation, we found only more loneliness.

“ Where we expected to find a buffer between a young person and the rising tide of isolation, we found only more loneliness. ”

Clearly, merely participating in a religious community’s activities does not lead to a fuller sense of belonging and diminished feelings of loneliness. And this experience is not only found in young people attending religious groups. Our data shows that this experience of widespread loneliness extends to young people participating in other organizations (sports teams, school clubs, service clubs, country clubs, professional associations, and other groups).