

# 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.



## 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.



## Workplaces

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



## 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.



## Home/Family

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



# FOUR PILLARS

## 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.

LONELINESS  
AWARENESS  
WEEK AUS

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.