

Social Belonging Intervention

<https://forum.rapsa.org/wp-content/uploads/sites/2/2024/11/Meaning-Matters-Meaning-Making-Interventions-for-Achieving-Equitable-Outcomes-Final-2.pdf>

Capitalizing on the need to belong

The Social Belonging Intervention



The Social Belonging intervention was **delivered over two 30–60-minute class sessions**.

The intervention is **portrayed as a collaborative endeavor where middle school students are being asked to help future students**. The intervention is not presented as designed to help them.

The intervention includes :

1. It **explains that it's normal for students to initially feel out of place as they transition into middle school**. Such feelings don't signify that they don't belong. In fact, **over time, most students typically feel integrated and comfortable in the new environment**
2. **Diverse stories from older students** are provided that showcase the main intervention message that feelings of non-belonging are temporary
3. **For the benefit of future students, students are asked to convey the messages in their own words using their own experiences**. They are told that these insights might be shared with upcoming students to help set realistic expectations of what starting a new school is like.

Has **reduced school absences, school disciplinary citations, improved middle and high school grades, and physical health up to 7 years later**