

Teen Connection Challenge

Because sometimes it's easier to open up when you're not face-to-face.

Teens create a short voice note or video answering a real question... and then pass it on to someone else to keep the chain going.

It's connection that moves. Like a ripple. Like a playlist that keeps getting better

Why This Works

- Removes pressure of in-person vulnerability
- Feels natural (fits how teens already communicate)
- Builds peer-to-peer connection instead of adult-led
- Creates a sense of "I'm not the only one"

HOW IT WORKS

Step 1: Pick a Prompt

Choose one:

- "Something people don't know about me is..."
- "Lately I've been feeling..."
- "One thing that's been harder than I expected is..."
- "Something that actually helped me recently..."
- "What I wish my friends understood about me..."
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Step 2: Record It

- Voice note OR Short video (private or shareable)

No pressure to be perfect. Real > polished.

Step 3: Pass It On

Send it to 1–3 people and invite them to respond with their own version.

"Your turn. No pressure... but I'd love to hear yours."

