




A YOUTH VIOLENCE PREVENTION PROGRAM FROM SANDY HOOK PROMISE



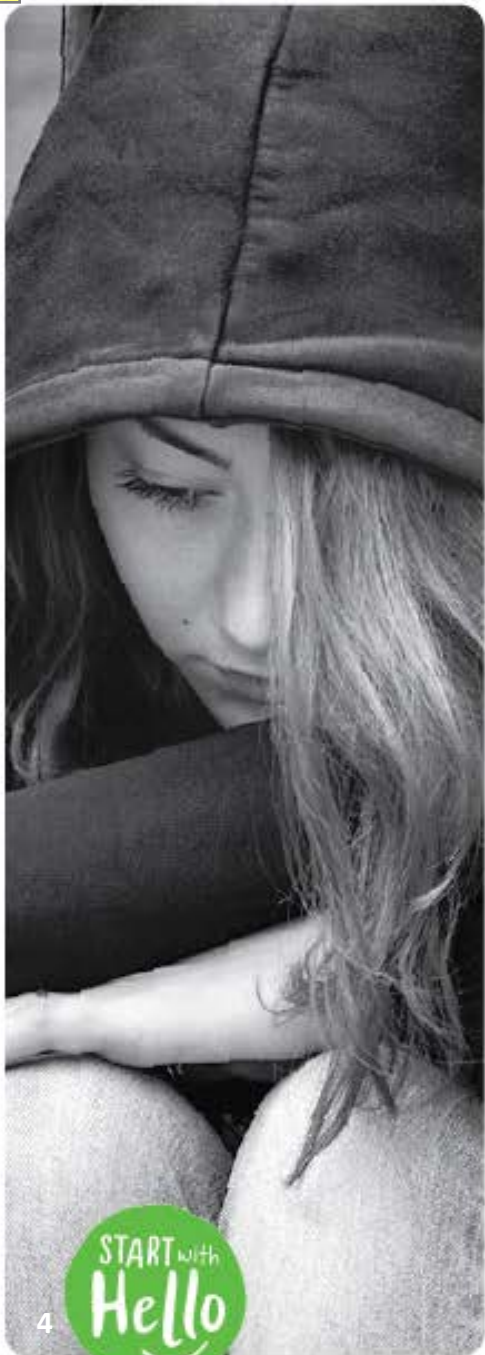
Hello

Your Name
Here



Today we will learn how to
create a CLOSER, more
CONNECTED and INCLUSIVE
classroom, school and

community



Think about a time you felt
**LONELY, PASSED OVER, EXCLUDED,
INVISIBLE, ISOLATED, SHUT OFF, IGNORED**



MILLIONS

In every school and community, many are **ALONE, ISOLATED & QUIETLY SUFFERING** through each day



As a result, young people who are lonely
or isolated can become victims of...



BULLYING

VIOLENCE

DEPRESSION



**WHICH CAN
LEAD TO...**

**Pulling away
from society**

**Struggles with social
development & learning**

**Development of
physical health issues**

**Hurting themselves
or others**

**WE NEED
YOU...**

**ONLY YOU CAN CREATE
CONNECTEDNESS**





In just 3 simple steps...





1

SEE SOMEONE ALONE



2 REACH OUT AND HELP

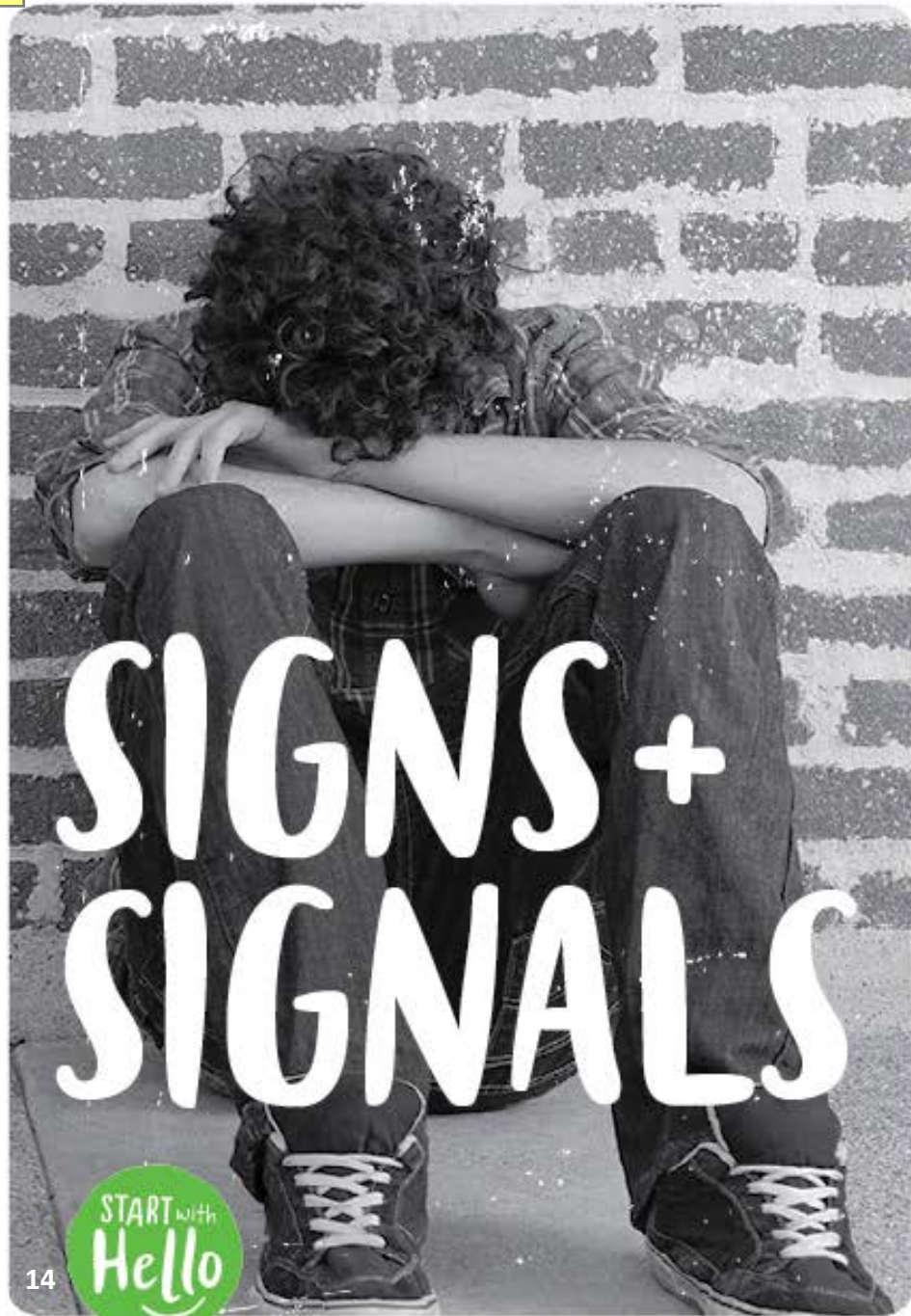


3 START WITH HELLO



1. SEE
SOMEONE ALONE

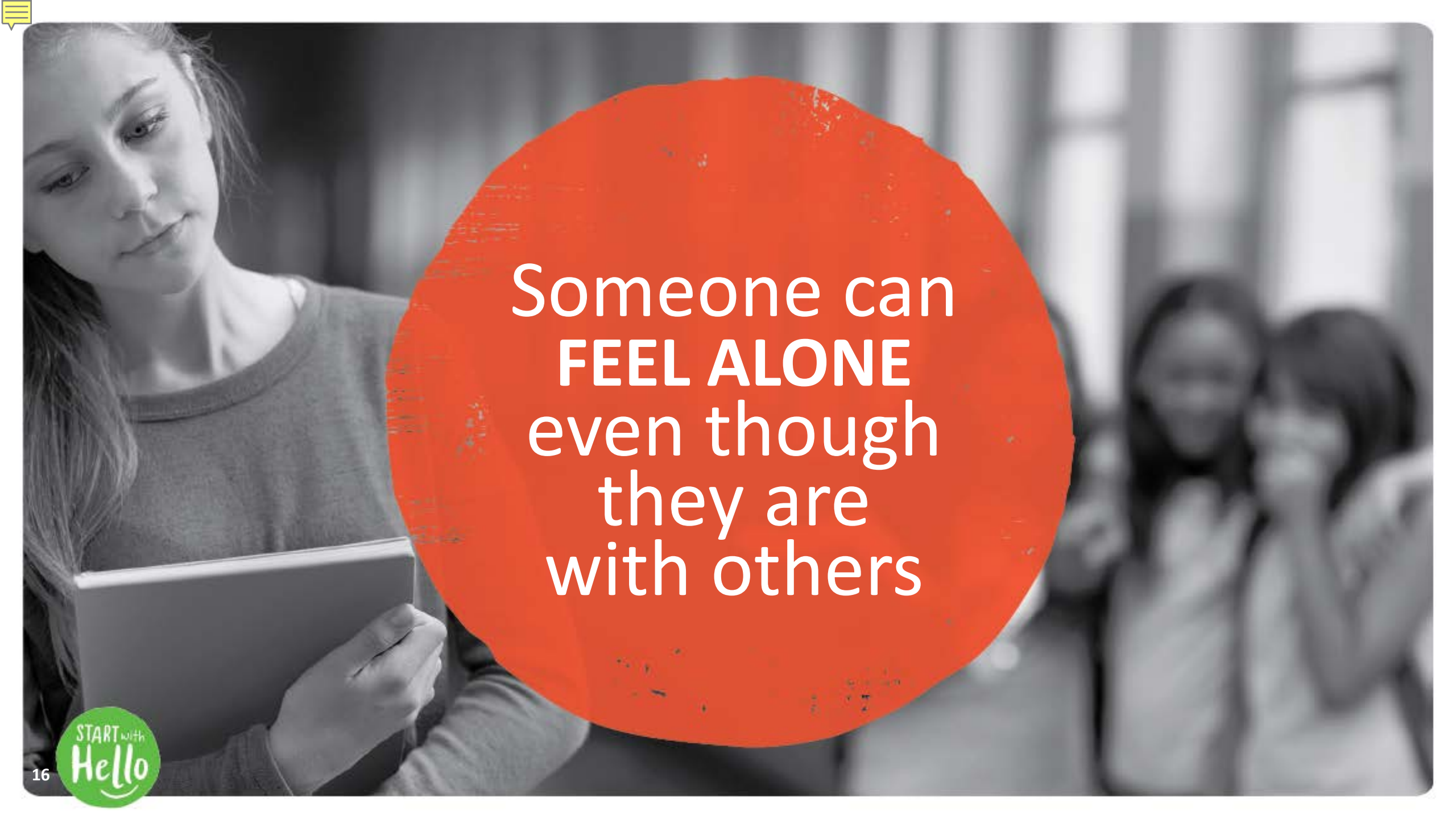




- Prefers to be alone
- Keeps to themselves
- Anxious or uncomfortable around others
- Purposely left out by others: digitally & indirectly
- Person seems removed

WHERE CAN SOCIAL
ISOLATION BE FOUND?

CLASSROOM SOCIAL MEDIA
BUS LUNCHROOM
EVENTS SPORTS TEAM



Someone can
FEEL ALONE
even though
they are
with others

2. REACH OUT

AND HELP

A black and white photograph of two men standing outdoors and talking. The man on the left is wearing glasses, a checkered shirt, and a cardigan. The man on the right is wearing a polo shirt and has a shoulder bag. They are both smiling and looking at each other. The background is a blurred outdoor setting with trees and a building.

What do I do and when do I reach out?

I want to reach out, but don't want to be awkward or make anyone feel the same

Do they really want to talk to me?

Won't they think I am strange just randomly walking up to them?



WHAT REASONS MAKE
IT HARD TO REACH OUT?



GOOD NEWS...

There are tips, practices and activities **YOU** and **YOUR SCHOOL** can use to help you **REACH OUT & HELP.**

what can **YOU** do?

- 1 Sit with someone who may feel alone
- 2 Reach out on social media
- 3 Invite someone to join you
- 4 Give a simple gesture to someone
- 5 Leave a handwritten note

what can your **SCHOOL** do?

- 1 “No One Eats Alone[®]” Day
- 2 “Hey Day”- everyone wears a name tag
- 3 Reach Out Scavenger Hunt
- 4 “Get to Know Me” Day
- 5 Mixed Grade Socials

START with
3. Hello



Conversation Starters



8 OUT OF 10 ARE *hesitant*
TO START A CONVERSATION

8 OUT OF 10 ARE *happy* THEY DID

ICEBREAKER #1 THE "5 Ws"

WHO

Who are you? Name/Nickname?

WHAT

What are your favorite things to do?

WHEN

When did you move to town?

WHERE

Where is your favorite place to visit?

WHY

Why is it your favorite?

ICEBREAKER #2 "IF YOUs"

IF YOU...

Were a fish, bird or animal, what would you be? Why?

Could do anything, what would you do? Why?

Were a super hero, who would you be? Why?

Created your own nickname, what would it be? Why?

ICEBREAKER #3 YOUR FAVES

COLOR ANIMAL HOLIDAY
FOOD MUSICIAN BOOK
VIDEO ARTIST TV SHOW
GAMES
CLASS SPORT MOVIE

ICEBREAKER #4 "THIS OR THAT"

WOULD YOU RATHER...

Live in the city or country? Be a fish or a cow?

Be a musician or a sports star?

Drive an electric or gas car?

ICEBREAKER #5

"MY SHOES"

(SHARE STORIES OF WHERE YOUR SHOES HAVE GONE)

Vacations? Parts of a city or country?
Different cities, states and/or countries?
Beach, mountains, desert?

ICEBREAKER #6 "HANDWRITTEN NOTES"

Write a note – use the other icebreakers to help. Compliment someone on who they are and how they give back to the school community. Let them know how valued they are.



WHY SHOULD I...?





TO CREATE A MORE CONNECTED AND INCLUSIVE
SCHOOL AND **COMMUNITY.**

A photograph of two young women in a shower, laughing and looking at a smartphone together. The scene is bathed in a teal light. The woman on the left has long dark hair and is wearing a dark top. The woman on the right is wearing a light-colored tank top and is holding a smartphone. The background shows shower fixtures and a tiled wall.

friendships

You will inspire others!
You will create lifelong friendships.



TO **MAKE A DIFFERENCE**
IN SOMEONE'S LIFE AND HELP THEM FEEL
ACCEPTED, INCLUDED AND VALUED.



to help

Stop someone from possibly hurting themselves or others.



**PROOF THAT
START WITH
HELLO WORKS:**

Made me feel
valued, noticed,
I belonged...found
my best friend

Made me
a better
person

I saved my
friend's life

Got my
friend help



GET STARTED TODAY...

- Review in classroom
- Start a connected club... foster Start With Hello
- Plan & use school-wide events
- Create posters, announcements, videos & other reminders
- Set up inclusion & connectedness tables at events and lunch





1

SEE SOMEONE ALONE



2 REACH OUT AND HELP



3 START WITH HELLO



Thank
You!

A youth violence prevention program

START with
Hello

from Sandy Hook **PROMISE**



Sandy Hook
PROMISE

SAY HELLO!

#startwithhello

#sandyhookpromise