START with Hello

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.
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
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?
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

START with Hello

ASK QUESTIONS + USE ICE BREAKERS

ASK WHY+ VALIDATE PERSON
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...

Be a fish or a cow? Live in the city or country?
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.
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.
Made me feel valued, noticed, I belonged...found my best friend

I saved my friend’s life

Got my friend help

Made me a better person
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
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Thank You!

START with Hello
A youth violence prevention program from Sandy Hook PROMISE
SAY HELLO!

#startwithhello
#sandyhookpromise