




A YOUTH VIOLENCE PREVENTION PROGRAM FROM SANDY HOOK PROMISE

# Hello

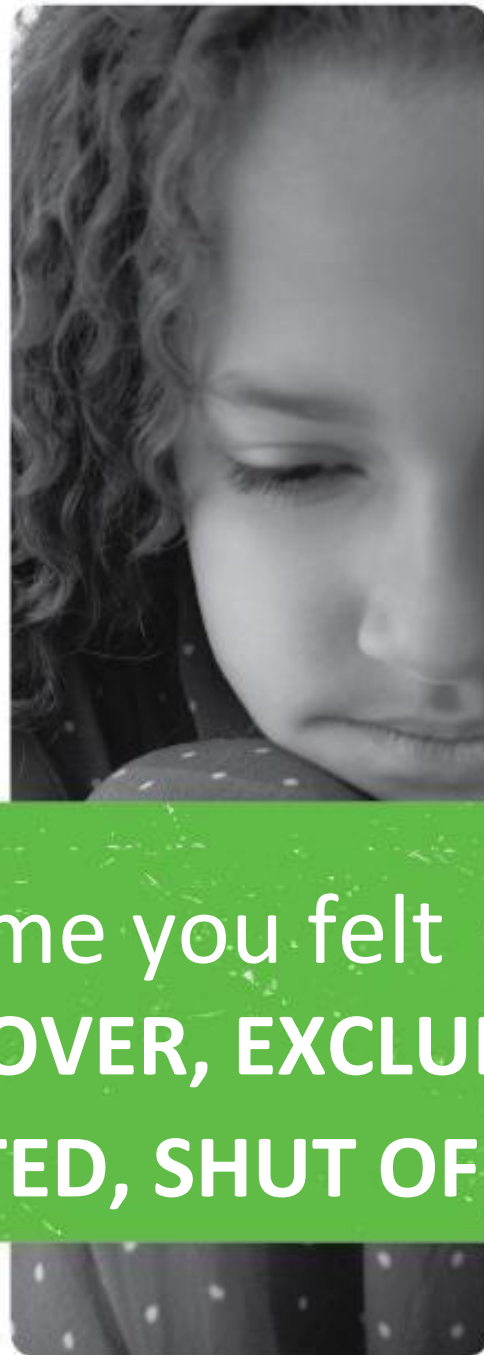
Your Name  
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Today we will learn how to  
create a CLOSER, more  
CONNECTED and INCLUSIVE  
classroom, school and  
community





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



A photograph of two young boys in a school hallway. The boy on the left has blonde hair and is wearing a grey sweater, smiling broadly. The boy on the right has brown hair and is wearing a white t-shirt, also smiling. They are standing close together, with the boy on the right's hands clasped in front of him. The background shows a hallway with lockers and a bright, out-of-focus light source.

# 2 REACH OUT AND HELP

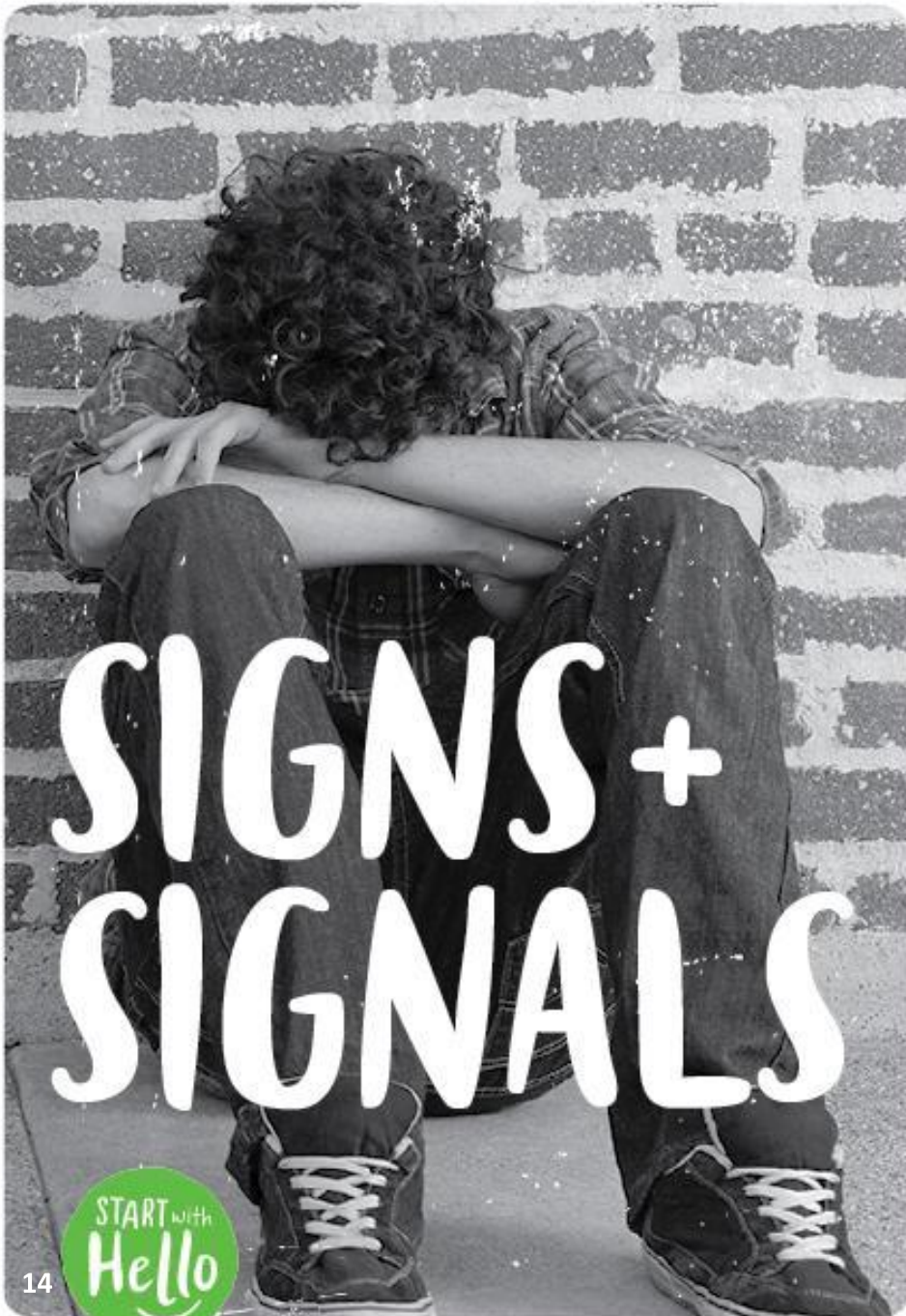


# 3 START WITH HELLO



# 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?



A group of diverse children are running happily through a field of tall grass. In the foreground, a boy in a blue shirt and a girl in a bright green shirt are running towards the camera, both with joyful expressions. Behind them, another girl in an orange shirt is also running. In the background, a boy in a white shirt is partially visible. The scene is set outdoors with trees and a clear sky in the background.

# 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 #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?



# WHY SHOULD I...?





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





# 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.



A photograph of three children playing in shallow water, possibly a beach. The image is overlaid with a semi-transparent blue filter. The child on the left is a boy with curly hair, smiling. The child in the middle is a girl with blonde hair, also smiling. The child on the right is a girl with dark hair, smiling and holding a soccer ball. The text 'to help' is written in a large, white, cursive font across the middle of the image.

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!

