




A YOUTH VIOLENCE PREVENTION PROGRAM FROM SANDY HOOK PROMISE

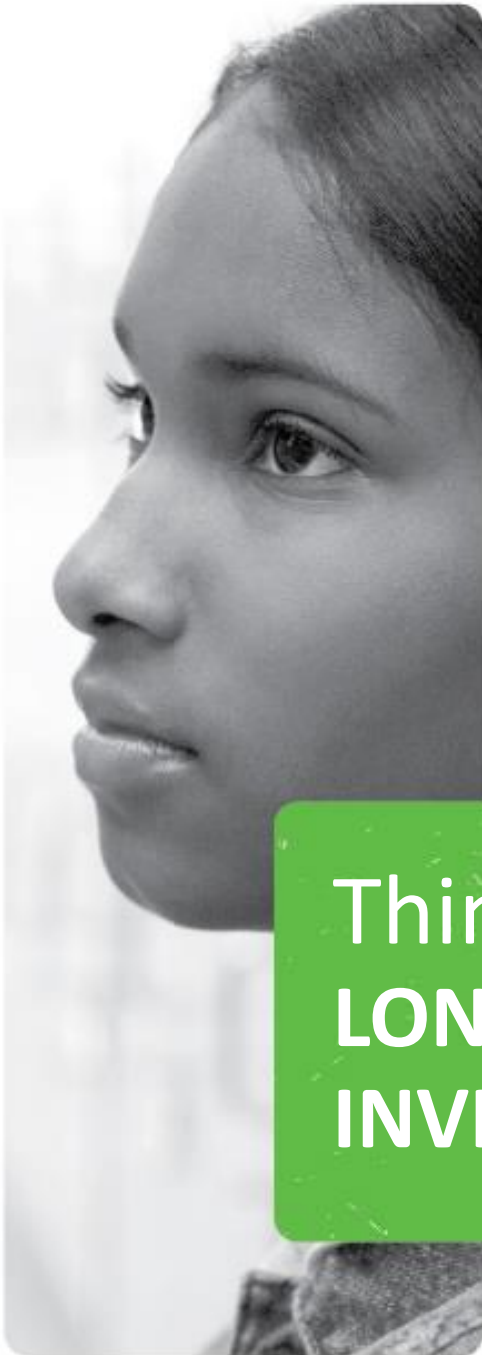
Hello

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

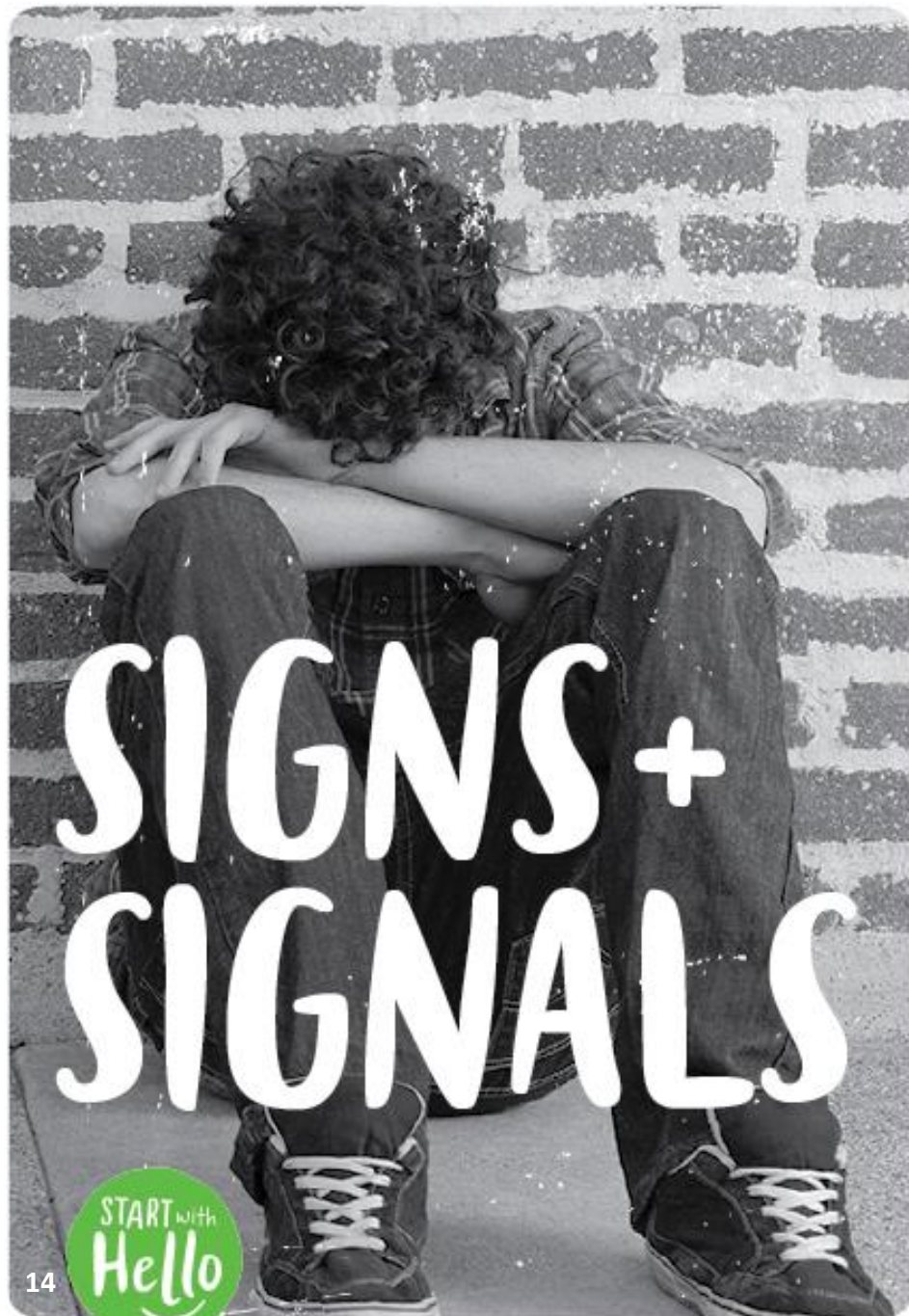


## 2 REACH OUT AND HELP



# 3 START WITH HELLO

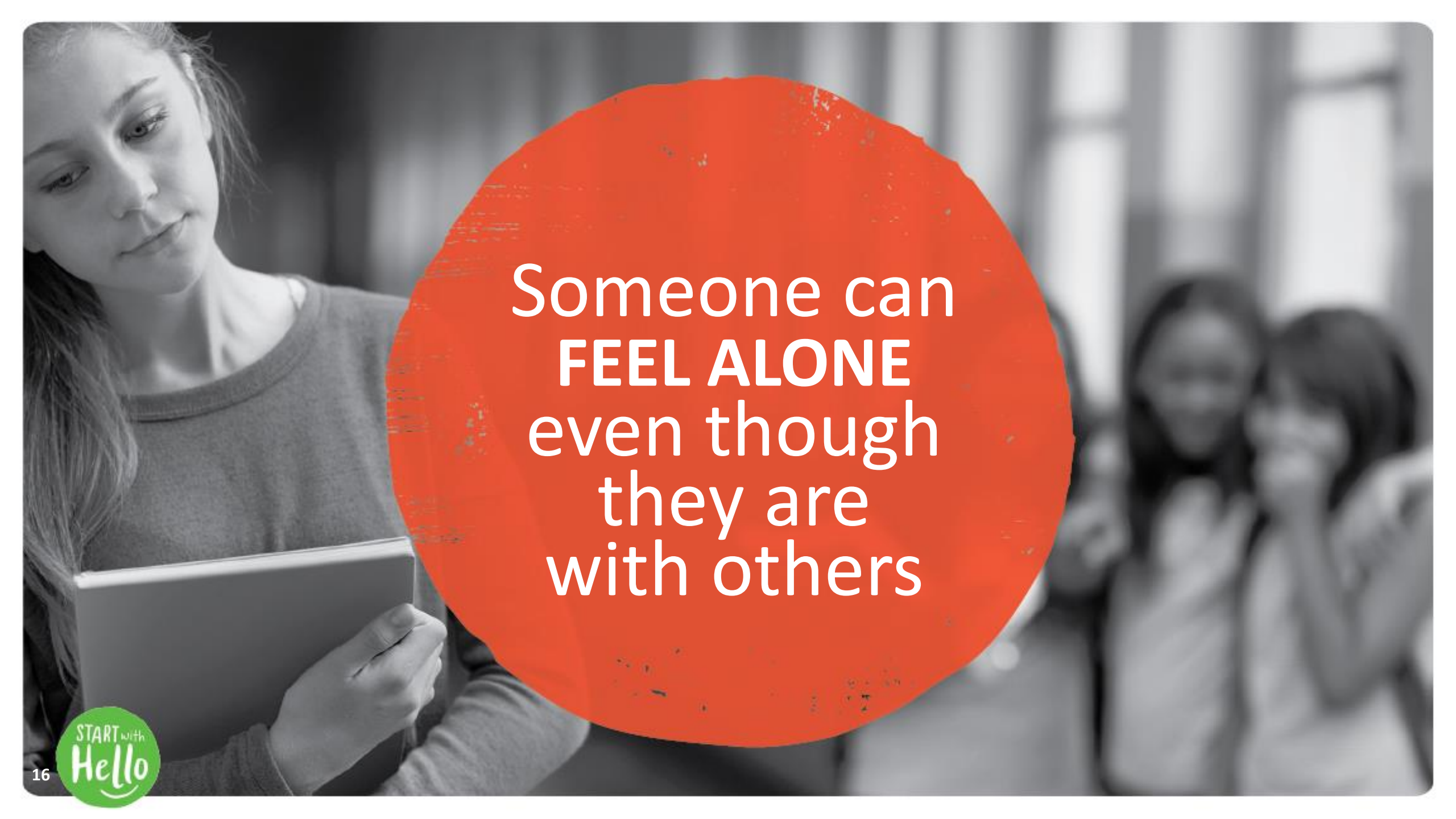
1. SEE  
SOMEONE ALONE



- **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


A black and white photograph of a young woman with long hair, looking down at a book she is holding. She is in a crowd of people, but they are out of focus. A large, bright orange circle is overlaid on the right side of the image, containing white text.

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. 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

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.**





# 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**





1

SEE SOMEONE ALONE

A group of four young people (three women and one man) are gathered outdoors, smiling and looking down at something they are holding together. The scene is brightly lit, suggesting a sunny day. The background is slightly blurred, showing trees and foliage. A blue banner with white text is overlaid at the bottom of the image.

# 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