GRADES
9-12

Student Training Workbook

Essential Questions:

In what ways can we empower Upstanders in our school community?

How can we work collectively to build safe, inclusive classrooms and communities?

Hello!

Name:

Favorite Artist:

Fun Fact About Me:

Name:_____

Activity 1

Date:_____

(Slide 6 or pause at 3:20)

Empathy is _____

_____

Describe a time you felt empathy or when someone displayed empathy for you.

Activity 2

(Slide 8 or pause at 4:45)

Directions: Review the three steps to build a socially inclusive community. Place a star next to the step you wish to learn more about.



Name:_____

Activity 3

Date:_____

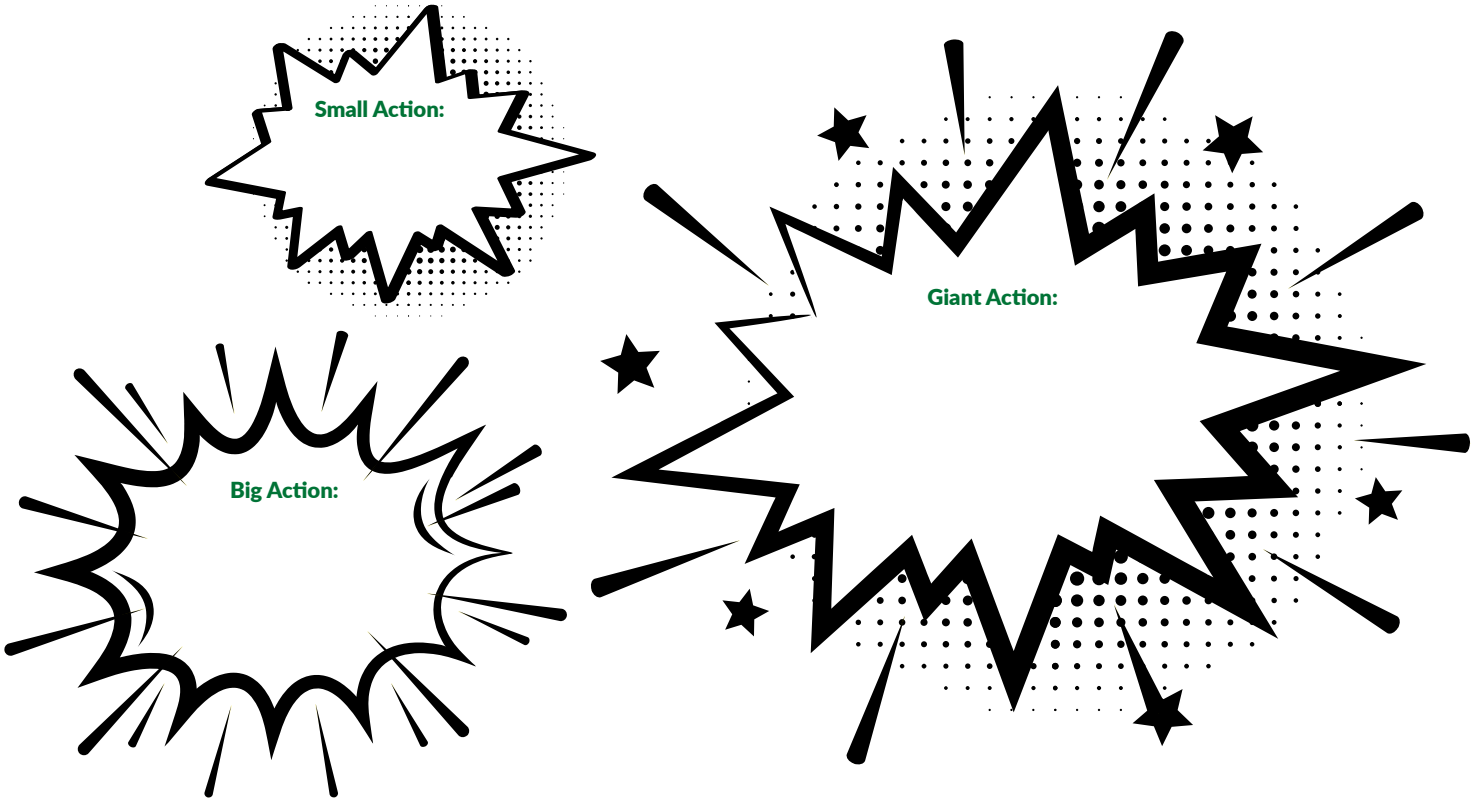
(Slide 20 or pause at 15:24)

Directions: Describe how you wish others would reach out to you if you were experiencing loneliness or social isolation. Consider practices specific to your culture.

Activity 4

(Slide 24 or pause at 17:26)

Directions: List a small, big, and giant action you can take to reach out to someone.



Name:_____

Promise Challenge



Date:_____

(Slide 27 or pause at 21:41)

Directions: Write a note to someone giving them a compliment.

Dear _____,

Sincerely,

_____

Name:_____

Activity 5

Date:_____

(After presentation)



Directions: Partner up with a peer and discuss how you can work together to prevent violence and build an inclusive community.

Partner's Name(s): _____ _____

_____ _____

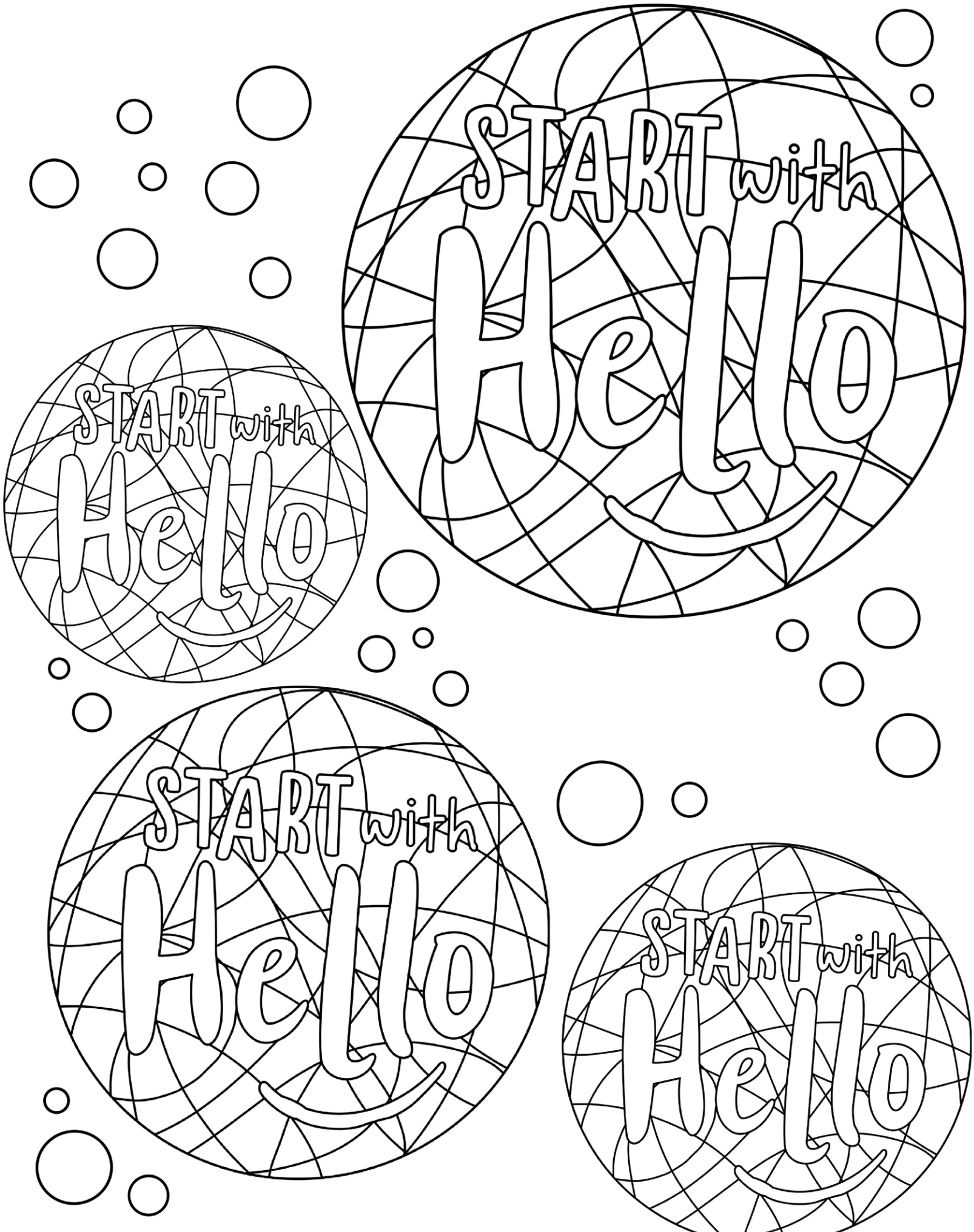
List three actions you can take to prevent violence. Consider the diverse backgrounds and experiences of those in the community to help develop these actions.

1. _____

2. _____

3. _____

How does *Start With Hello* help build an inclusive community that makes everyone feel a sense of belonging?


START with
Hello
START with
Hello
START with
Hello
START with
Hello


Sandy Hook
PROMISE


START with
Hello