



# START WITH HELLO WEEK PLANNING GUIDE

## IN-PERSON AND DISTANCE LEARNING



Choose Any Week Between September 1 -25; 2020

A Youth Violence Prevention Program

For questions, please email:  
[programs@sandyhookpromise.org](mailto:programs@sandyhookpromise.org)



# WELCOME

Thank you for joining the thousands of schools and youth organizations from across the country who are bringing *Start With Hello* Week to their communities!

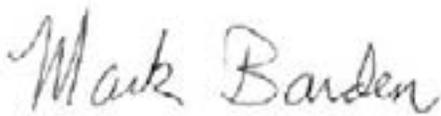
Your leadership and action will have far-reaching effects, benefitting your entire community: students, educators, administrators, community-based organizations, parents and residents. This kind of community-wide effort has already made measurable differences for schools and organizations around the country, and we're so glad you're bringing *Start With Hello* Week to yours.

Social isolation is a growing epidemic in the United States and within our schools, and it can be associated with violent and suicidal behavior. We began *Start With Hello* Week knowing that in every school and in every community, there are young people who suffer silently because they feel left out, alone or invisible. Our goal is to help students start the back-to-school season immediately feeling seen, accepted and safe.

*Start With Hello* Week activities raise awareness and educate students and the community on ways to reduce isolation and increase connectedness. We have also included ideas on how your school or community-based organization can continue to carry *Start With Hello* forward through a SAVE Promise Club in order to create a real and lasting culture of kindness and inclusion. We believe that the best way to implement sustained change is to let young people lead the charge!

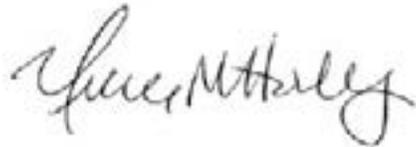
By participating in *Start With Hello* Week you'll be part of a nationwide movement to empower young people to create a culture of inclusion and connectedness!

Sincerely,



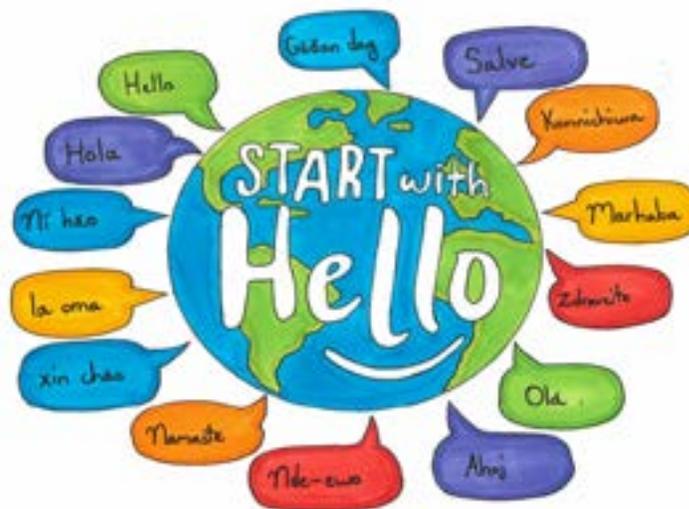
**MARK BARDEN**

Sandy Hook Promise Managing Director  
Daniel's Dad



**NICOLE HOCKLEY**

Sandy Hook Promise Managing Director  
Dylan's Mom



# START WITH HELLO OVERVIEW

*Start With Hello* is a free program offered by Sandy Hook Promise that trains elementary, middle and high school students how to combat loneliness and social isolation by showing students how to be more socially inclusive and connected to each other. *Start With Hello's* three steps teaches students how to:

- See Someone Alone
- Reach Out and Help
- *Start With Hello*

This Planning Guide is intended for educators, student-leaders, administrators, and SAVE Promise Clubs to help them prepare for a memorable *Start With Hello* Call to Action Week. This year, in order to provide schools more flexibility, we have extended the dates from September 1-25, 2020 and encourage schools to select a week within these dates.. The following are the three primary components for a hallmark *Start With Hello* Call to Action Week:



## STUDENT PRESENTATION

Either before or during the September 1-25 Call to Action Week, students attend the *Start With Hello* presentation, which is delivered in-person, by a teacher or staff member; digitally, through the [Sandy Hook Promise Learning Center](#); or by a Sandy Hook Promise Presenter (for select districts only).



## CALL TO ACTION WEEK ACTIVITIES

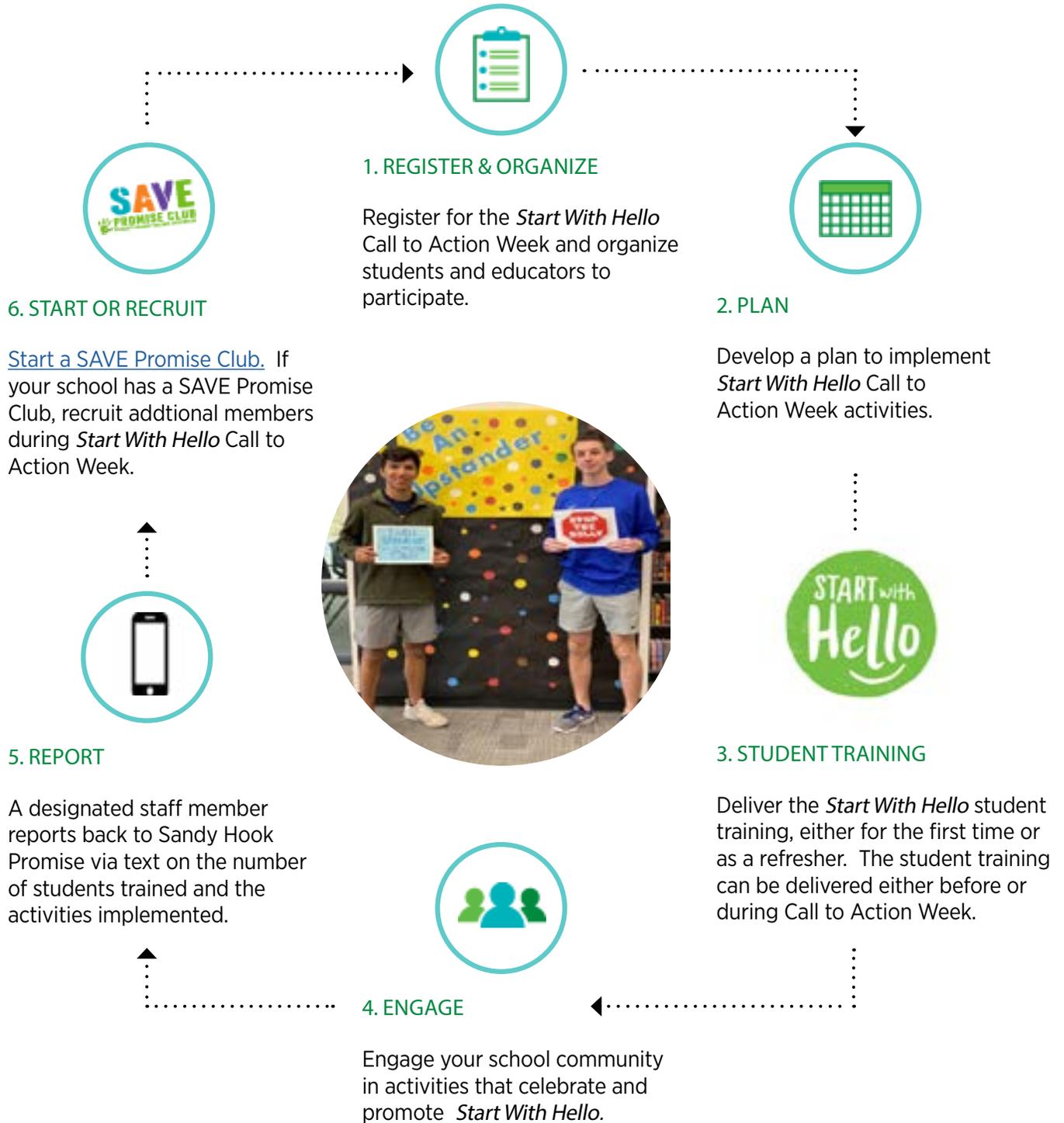
During Call to Action Week, schools and community-based organizations implement activities that celebrate the *Start With Hello* message. We encourage students to lead the organization and implementation of these activities.



## SAVE PROMISE CLUBS

SAVE (Students Against Violence Everywhere) Promise Club sustain the *Start With Hello* principles throughout the year. SAVE Promise Clubs are student-led and work to protect their communities by preventing violence before it happens. As part of their work, SAVE Promise Clubs lead activities that promote the *Start With Hello* program (as well as other Sandy Hook Promise *Know the Signs* programs). [Learn how to start a SAVE Promise Club](#) as well as learn more about SAVE Promise Clubs.

# THE *START WITH HELLO* SIX STEP PROCESS



# IN-PERSON AND DISTANCE LEARNING SAMPLE ACTIVITIES

*Start With Hello* Call to Action Week is an opportunity for schools across the United States to engage their school communities in activities that celebrate social inclusiveness through Classroom Activities, Student Activities, and School-wide Activities. Below are examples from schools across the country that can be implemented in an in-person as well as in a distance learning environment.

For schools who are in a distance learning environment, please see our [Youth and Educator Activity Guide](#) for additional remote learning activities.

## CLASSROOM ACTIVITIES

### SMILE WALLS

Encourage each teacher to make space on their bulletin boards, walls, or ceilings to allow students to share notes of kindness and actions that made them smile throughout the week in school. For students who are distance learning, this can be done virtually by asking students to share their notes of kindness verbally or write them in the chat function.

### MULTICULTURAL CELEBRATIONS

Raise awareness about the different cultures represented in your community by hosting a multicultural celebration during the school day with stations set-up to represent the diversity of your school community. This can be done virtually as well for students who are distance learning.

## STUDENT ACTIVITIES

### MEET AND GREETs

Reach out to clubs and sports teams in your school and schedule each club or team to arrive at school early one day during *Start With Hello* week to meet, greet, and say “Hello” to each student who enters the school building or campus. Set-up a make-your-own nametag station in the lobby where students make creative name tags using construction paper, stickers, markers, and string to make a name-tag necklace.

### LAUNCH A SOCIAL MEDIA CAMPAIGN

Encourage students and staff to take a picture of themselves with a tweet, Instagram, or post stating “I will #*Start With Hello*” and tag their school and Sandy Hook Promise using #StartWithHello. This can be done virtually as well for students who are distance learning.

## SCHOOL-WIDE ACTIVITIES

### CREATE THEME DAYS

Create a theme for each day of the week, such as Hey Day, Random Acts of Kindness Day, and wear Green Day. This can be done in a virtual classroom as well for students who are distance learning.

### MIX-N-MINGLE

Encourage all students to sit with someone new at lunch, on the bus, or in class. Celebrate connecting to new students by designating a space where students can post pictures or write messages about the new students they met, conversations they had, and friendships that were ignited due to starting with “Hello.” For students who are distance learning, organize a schedule where they can have a virtual lunch with someone new.

# START WITH HELLO IMPACT

## 2019 Start With Hello Week

2,721,879 Students Trained  
3,975 Schools Participated

## 2016-2019 Start With Hello Week

6,509,182 Students Trained  
10,236 Schools Participated



## BE PART OF THE MOVEMENT

Tell us about your Call to Action Week in two simple steps:

1. Respond to a text from Sandy Hook Promise with a Yes or No, confirming if you participated
2. If Yes, share highlights of your week