Start With Hello
A Youth Violence Prevention Program from Sandy Hook Promise

Trung Nguyen
School Outreach Coordinator, Sandy Hook Promise
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. Prefers to be alone
Keeps to themselves
Anxious or uncomfortable around others
Person seems removed
Purposely left out by others: digitally & indirectly
Someone can FEEL ALONE even though they are with others.
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?

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

“**No One Eats Alone®**” Day
“Hey Day” – everyone wears a name tag
Reach Out Scavenger Hunt
“Get to Know Me” Day
Mixed Grade Socials

3. **START with 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 GAMES ARTIST TV SHOW 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...?

START with Hello

TO CREATE A MORE CONNECTED AND INCLUSIVE SCHOOL AND COMMUNITY.

friendships
You will inspire others!
You will create lifelong friendships.
Stop someone from possibly hurting themselves or others.

Made me feel valued, noticed, I belonged... found my best friend

Made me a better person

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
Sandy Hook Promise’s mission is to prevent gun violence and other forms of violence and victimization BEFORE they happen by creating a culture of engaged youth and adults committed to identifying, intervening and getting help for individuals who may be at-risk of hurting themselves or others.

Educate and empower, at no cost, youth and adults in our Know the Signs prevention programs.
Background

After the shooting ...

- Conducted qualitative and quantitative research
- Academics – violence and victimization fields
- Law enforcement
- Educators, Superintendents, School Boards
- Mental health professionals
- Social movement experts
- Core learnings that helped form what we do

Delivery & Sustainability

- Students Against Violence Everywhere (SAVE) Promise Clubs
  - History – started by youth for youth in 1989
  - Powerful approach to preventing violence and victimization because they recognize the unique role that young people play in making their schools and communities safer
  - Part of a national effort
SAVE Promise Clubs

- EDUCATE students about the effects and consequences of violence while providing safe focused activities for students, parents and the community.
- EMPOWER youth with knowledge and skills to protect themselves and others
- ENCOURAGE positive peer influences and leadership within the school and community
- ENGAGE students in preventing violence, victimization or self-harm before it happens

SAVE Promise Clubs

- Stand-alone club or embedded into an existing club, such as SADD, Student Council, or another student leadership, civic or kindness club.
- Many SAVE Promise Clubs are successful meeting only once or twice a month and organizing 4 activities throughout the year.
- Monthly focus helps reinforce knowing the signs and the prevention messages throughout the year.

There are almost always signs ...

- Individuals often show warning signs and share information BEFORE they are violent, attempt suicide or make threats.
- Most mass shootings planned for 6+ months and 80% tell someone about their plans.
- 70% of people who complete suicide tell someone their plans or give some other warning sign.
Safety Assessment & Intervention™

Trains a multi-disciplinary team how to identify, assess and respond to threats and observed at-risk behavior. Key outcomes:

- Safer, more open school environment
- Violence, bullying, threats reduction
- Educator fear, anxiety reduction
- Short, long term suspension reduction
- More positive view of teachers and staff by students

Signs of Suicide™ (SOS)

Trains youth and adults how to identify, intervene and get help for people who may be depressed or suicidal. Key outcomes:

- Reduce suicide and ideology
- Better understand signs and signals of suicide and depression
- Get help for students in need
- Speak and act with credibility
- Breaks down stigmas
**Start With Hello™**

Teaches youth how to identify and minimize social isolation, marginalization and rejection in order to create an inclusive, connected community.

Key outcomes:
- Connected community
- Bullying reduction
- Fosters socialization, up-standers
- Changes culture from within
- New engagement levels

**Say Something™**

Teaches students how to recognize signs, especially in social media, of an individual who may be a threat to themselves or others and say something to a trusted adult or report it using our Anonymous Reporting System.

Key outcomes:
- Educate on signs and signals especially in social media
- Fosters “up-stander” culture
- Reduction in violence, suicide and cutting, bullying
- More students getting help
- Well informed school / school district

**Anonymous Reporting System**

Offers Phone, Web/PC, Mobile App Anonymous Reporting
Anonymous Reporting System

- All tips forwarded to law enforcement (as needed) and directly to assigned individuals in a school/school district (via text, email and/or phone call)
- Turnkey backend support for schools - Real time tracking, reporting until case is resolved and closed

Sandy Hook Promise Impact

- Creates up-standers, connected communities and strengthens mental health and well-being of youth
- Provides ONE consistent voice and training schools, districts, and communities
- Intervened and stopped multiple school shooting, suicide, and gun threats across the US
- Stopped/reduced cutting, bullying, and other acts of violence and victimization
- Helped hundreds of youth get mental health and wellness assistance
- More than 5 million students and adults trained across the country

Partnering with us

- Bringing trainings to your educational communities
- Memorandum of Understandings for districts
- Registering your SAVE Promise Club
- Individualized support for your SAVE Promise Clubs