

“Start With Hello” Overview (Sept. 24th - Sept. 28th)

“In every school and in every community, there are young people who suffer silently because they feel left out, alone or invisible. Social isolation is a growing epidemic in the United States and within our schools. In fact, one study reports that chronic loneliness increases our risk of an early death by 14%. Furthermore, young people who are isolated can become victims of bullying, violence, and/or depression. As a result, many pull further away from society, struggle with learning and social development and/or choose to hurt themselves or others. The Start with Hello program raises awareness and educates students and the community through trainings, advertising, discussion, activities, public proclamations, media events, contests and awards.”

3 Essential Steps:

1) See Someone Alone

- Examines social isolation in our communities. This part of the guide helps students understand social isolation, identify and empathize with those who may feel socially isolated, and recognize the importance of connecting with others who feel socially isolated.

2) Reach Out and Help

- Asks students to consider strategies for connecting with others. This part of the guide also helps students think through complications with outreach, since many students have said that it can feel difficult and awkward to reach out.

3) Start with Hello

- Looks at methods students can use to build lasting relationships with others.

“Start With Hello” Week Outline

Monday September 24th	Tuesday September 25th	Wednesday September 26th	Thursday September 27th	Friday September 28th
Random Act of Kindness Day Decorations around school + post-its on lockers	Hey Day (students will receive name tags to decorate and wear around campus) League of Women Voters on Campus to register voters	Human Bingo + pass out prizes 3 winners (Students will be able to fill out a card of people they can meet on campus who are here to assist them when they need help)	Positivity Day	Green Day (wear green!) + pass out stickers/candy hearts
Positivity Wall (in front of the school)	Positivity Wall (in front of the school)	Positivity Wall (in front of the school)	Positivity Wall (in front of the school)	Positivity Wall (in front of the school)