

# START with Hello





Sandy Hook  
**P R O M I S E**





SEE  
SOMEONE  
ALONE

REACH OUT  
+ HELP

START <sup>with</sup>  
Hello

STEP 1: SEE SOMEONE ALONE

SEE  
SOMEONE  
ALONE



# Special Observation Skills

## Pay attention to...

- **Body Language:** Slumped shoulders, a frown, or seeming uncomfortable
- **Times and Places:** After-school, including riding on the school bus, sitting in a classroom, playing at recess, and social media
- **Healthy Alone Time:** Someone wants to be alone or do an activity quietly by themselves



STEP 2: REACH OUT AND HELP

REACH OUT  
+ HELP



# Ways to Reach Out and Help

## Offer an invitation...

- Invite another student to join an activity or game
- If you're with a group of friends and see someone alone, invite that student to join an activity or game
- If you approach a student who is alone and reach out and help, but the student doesn't want to join you at the moment, keep trying by offering a future invitation to join you at lunch, on the playground, or for another activity the next day or for a later date



# Use your Hello Style and Just be you!



## Try a One-on-One strategy

- Start a conversation with a student who is alone
- Ask a question
- Sit peacefully side-by-side
- Connect with a student electronically or on social media
- What other ways can you think of?



STEP 3: START WITH HELLO!

START with  
Hello



# Get to know your new friend!



## Here are some tips...

- **Start With Hello:** Smile and just say “hello”!
- **Choose Your Hello Style:** Your Hello Style is how you approach someone and say hello
- **Keep Trying:** Don’t give up right away, and continue to find ways to connect with this person
- **Ask for Help:** If someone you approach seems really upset and you’re not sure what to do, tell a trusted adult

# Where can you apply these three steps?

## Try them out...

- Eating lunch in the Cafeteria
- On the Playground with your friends at Recess
- Walking to class in the School Hallway
- Studying in the Library
- Outside of School\*

\*IF YOU ARE OUTSIDE OF SCHOOL, MAKE SURE AN ADULT IS WITH YOU



# Let's get started!

## RECESS ON THE MOON



 LAUNCH

## MISSION START WITH HELLO



 LAUNCH

## ELLIOT REACHES OUT TO CARLOS



## JASMINE REACHES OUT TO MALIK

