



# A YOUTH VIOLENCE PREVENTION PROGRAM FROM SANDY HOOK PROMISE

CONNECT TO YOUR CLASSMATES!

## Student Workbook

For the Sandy Hook Promise *Start With Hello*  
Middle and High School Presentation



### **What is the *Start With Hello* program?**

*Start With Hello* is a violence prevention program created by Sandy Hook Promise that teaches students to recognize when another student is alone, ways to reach out and help lonely or socially isolated students, and different strategies to connect with students and build a socially inclusive school community.

### **Once I learn about the three *Start With Hello* steps, what should I do?**

You should continue to actively implement the three steps in your daily life at school and during afterschool activities.



### **Why is *Start With Hello* Important for You and Your School?**

Being a part of a school community helps you feel connected and a sense of belonging. As you will learn from the presentation, you can help your social and emotional skills and boost feelings of happiness by helping others.

### **How else can I make an impact in my school community?**

Join or start a [SAVE \(Students Against Violence Everywhere\) Club](#). Student leaders across the country have joined these clubs to empower, educate, encourage, and engage students and trusted adults in the larger community to prevent violence with Sandy Hook Promise's *Start With Hello* and *Say Something* programs.

You can also get your classmates and teachers on board to celebrate *Start With Hello* by participating in the national [Start With Hello Awareness Week](#) in September.

### **How do I use this Student Workbook?**

As you watch the *Start With Hello* presentation, the presenter will give you an activity. Click pause on the video and complete the activities below. There are four total.

## Activity #1

Write down two words describing how you think you make your friends and classmates feel. You can use the words listed in the word bank below or use your own words.

### Word Bank

Happy

Respected

Understood

Comfortable

Safe

Appreciated

Trusted

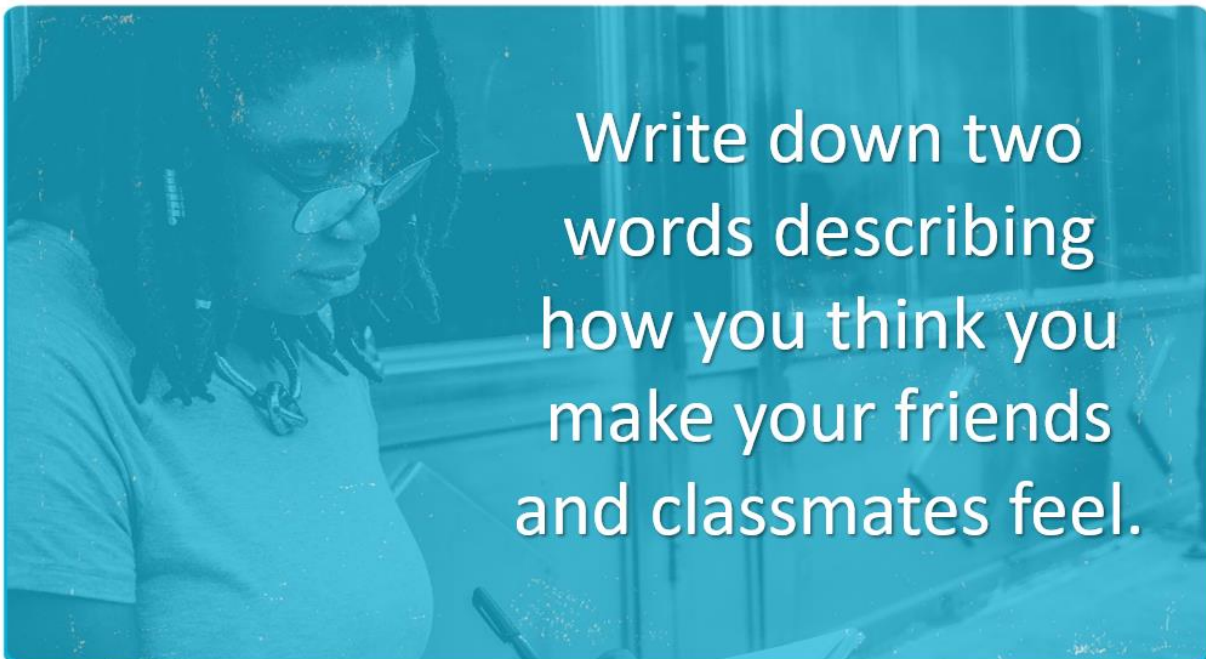
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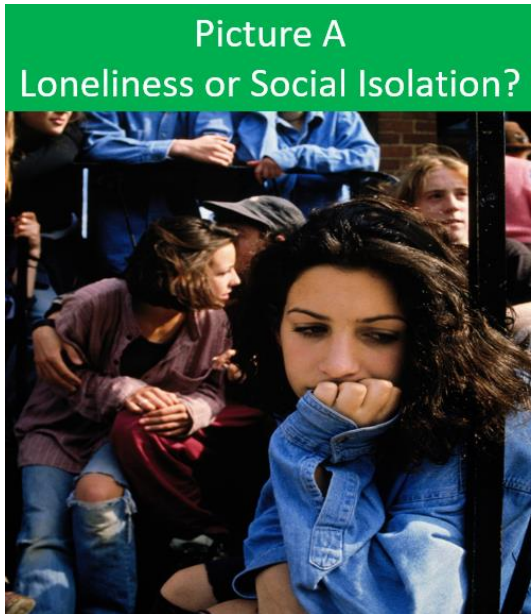
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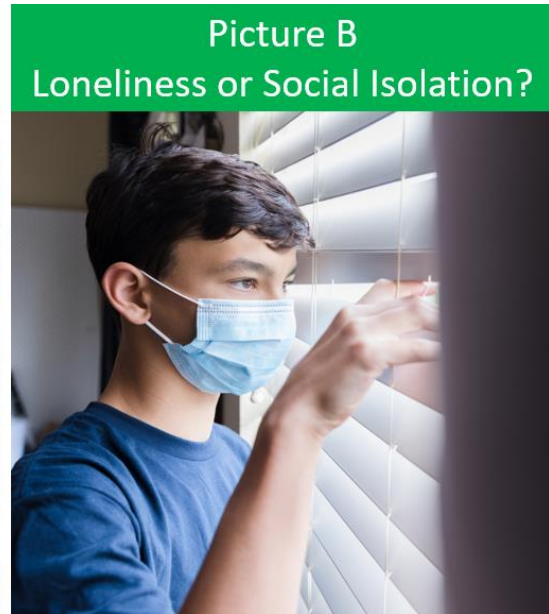
## Activity #2



What does this picture represent: loneliness or social isolation? Explain why.

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What does this picture represent: loneliness or social isolation? Explain why.

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## Activity #3

Write about a time you or someone you knew felt **lonely** or was **socially isolated**.

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## Activity #4

Write how you want to be remembered by your friends and classmates after you graduate. Use the words in the Word Bank below to get started or use your own words.

### Word Bank

Happy   Inspiring   Respected   Understanding   Comfortable   Safe   Appreciative   Trusting

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Based on what you wrote above, write what you will do to make this happen?

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