



Sandy Hook Promise's Start With Hello Program

SAVE Promise Clubs are required to implement at least one of Sandy Hook Promise's *Know The Signs* violence prevention programs, including Say Something, Start With Hello or Signs of Suicide (SOS).

Start With Hello can be implemented as part of the club's efforts to prevent violence within their school or youth organization. Upon signing up for [Start With Hello](#), you will receive access to the Start With Hello training, as well as the Start With Hello Educator Guide and Student Guide at no-cost. These easy to implement resources will help your SAVE Promise Club train students in Start With Hello and sustain your efforts throughout the year.

This fact sheet tells you all you need to know to get started in bringing Start With Hello to your school or youth organization. Through Start With Hello, your SAVE Promise Club will empower others to look out for one another, reduce social isolation and build positive connections.

Who is Sandy Hook Promise?

Sandy Hook Promise (SHP) is a national, nonprofit organization based in Newtown, Connecticut. We are led by several family members whose loved ones were killed in the tragic mass shooting at Sandy Hook Elementary School on December 14, 2012 that claimed the lives of 20 first-graders and 6 educators. SHP is focused on preventing gun violence (and other forms of violence and victimization) BEFORE it happens by educating and mobilizing youth and adults on mental health and wellness programs that identify, intervene and help at-risk individuals. SHP is a moderate, above-the-politics organization that supports sensible non-policy and policy solutions that protect children and prevent gun violence. Our intent is to honor all victims of gun violence by turning our tragedy into a moment of transformation. For more information, visit www.sandyhookpromise.org.

What is Start With Hello?

Social isolation is the feeling of being left out, lonely and treated like you are invisible. At every school and in every community there are children who feel like they have no friends and quietly suffer through each day. Young people who are isolated can become a victim of bullying, violence and/or depression. As a result, many further pull away from society, struggle with learning and social development and/or choose to hurt themselves or others.

Start With Hello teaches children and teens how to be more socially inclusive and connected to each other. Start With Hello asks students, educators, parents and other community leaders

who interact with children to take steps in the classroom, the lunch room and/or on the bus to be inclusive and connected.

Who is *Start With Hello* intended for?

Start With Hello will benefit youth grades 2 and above, educators, administrators, community based organization leaders and parents. By building a culture of inclusiveness, practicing being an “upstander” and providing tools on how to break the ice, break down barriers and get to know one another (interpersonal interaction), entire communities will benefit as generations begin to incorporate this community connectedness.

What is required to implement Sandy Hook Promise’s Start With Hello program?

Sandy Hook Promise’s Start With Hello program - including the Start With Hello presentation, the Educator Guide and the Student Guide - is available to schools and youth organizations at no-cost.

The initial Start With Hello presentation can be delivered in as little as 25 minutes and can take place within the classroom or an assembly. The Start With Hello presentation can be led by members of your SAVE Promise Club, by an adult within your school or youth organization or, depending on your location, Sandy Hook Promise may be able to provide a trained Promise Presenter to deliver the presentation in-person. SAVE Promise Clubs can choose the day, time and format they would like to deliver the Start With Hello presentation. Along with the initial presentation, the Start With Hello program offers a wide range of post training activities that can be organized by your SAVE Promise Club throughout the year and serve as reminders.

In addition to the Start With Hello presentation and Educator and Student Guides, Sandy Hook Promise organizes a national Start With Hello Week every year during the month of February. SAVE Promise Clubs are strongly encouraged to participate and are eligible to apply for special Start With Hello Week Awards. Once you register as an official SAVE Promise Club, you will receive an invitation to register for Start With Hello Week.

How have other SAVE Promise Clubs sustained Start With Hello?

Broadview Middle School in Danbury, CT trained members of their SAVE Promise Club in Start With Hello and coached the club members how to deliver the Start With Hello presentation to area elementary schools. In addition to training younger students, Broadview’s SAVE Promise Club organizes activities to reinforce Start With Hello’s message of inclusivity. One activity is an annual Valentine card-making event where students make and deliver Valentine cards for the staff and patients at a nearby hospital. The Club also leads Start With Hello icebreaker activities before school and during lunch periods to ensure that students and staff alike know how to recognize chronic social isolation and are equipped to reach out and connect. The SAVE Promise Club members volunteer at school events and serve as ambassadors and role models for Start With Hello.

How will Sandy Hook Promise Support Our SAVE Promise Club in our Start With Hello Efforts?

Sandy Hook Promise will provide each participating SAVE Promise Club with access to no-cost, digitally downloadable presentations, activities and resource guides. Depending on your location, Sandy Hook Promise may be able to provide a trained Promise Presenter to deliver the presentation in-person. Additionally, Sandy Hook Promise can provide 1:1 coaching by phone or Skype to help you implement your Start With Hello program and also share ideas, best practices and tips for sustaining your Start With Hello program throughout the year. [Check out our calendar](#) for more ideas.

For more information – and to sign up to receive the Start With Hello presentation and supporting tools and resources – please visit

<http://www.sandyhookpromise.org/bringstartwithhello>.

If you have questions about our Start With Hello program, please email us at programs@sandyhookpromise.org