



#StartWithHello Week | Social Media Toolkit

1. Follow Sandy Hook Promise on social media and tag us in your posts for retweets and shares.

- Twitter @sandyhook: twitter.com/sandyhook
- Facebook @sandyhookpromise: www.facebook.com/SandyHookPromise
- Instagram @sandyhookpromise: www.instagram.com/sandyhookpromise

2. Post on your school and/or personal social media accounts. Here are sample messages:

- Our school is celebrating #StartWithHello Week to raise awareness about social isolation and create a culture of inclusion.
- See someone alone. Reach out & help. Not sure what to do? Just #StartWithHello!
- Hello! Join us for a week of fun #StartWithHello activities to recognize signs of loneliness and help other students feel included.
- For #StartWithHello Week, we promise to say “Hello” to someone new each day.
- Most students who committed deadly school attacks were badly bullied. #StartWithHello builds empathy and empowers students to end social isolation. Learn more: www.sandyhookpromise.org/startwithhello
- Social isolation is a very real epidemic. It can cause children to pull away and, in serious situations, even hurt themselves or others. #StartWithHello teaches students to be more socially inclusive and connected to each other.
- At our school, we #StartWithHello because _____.

3. Use graphics in your social media posts to celebrate #StartWithHello Week. Take photos of your school events and activities or your students’ artwork to share. Or click [here](#) to download our SWH graphics.

