



How to Participate in Start With Hello Week 2022

September 19–23, 2022

Join the movement! Participate in Sandy Hook Promise's national campaign to celebrate kindness, connection, inclusion, empathy, and belonging!

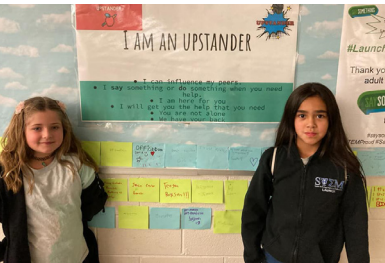
Students and Trusted Adults across the country engage in activities to celebrate the many ways to be Upstanders by reaching-out and including others.

Share your daily activity photos with Sandy Hook Promise @sandyhookpromise on Instagram and Facebook and @sandyhook on Twitter. When you post, be sure to tag us and include: #SandyHookPromise #StartWithHello #StartWithHelloWeek.

September 19 | Meet-n-Greet Monday

Meet someone new, use your own personalized "Hello Style!"

Use these [invitations](#), [asks](#), and [shares](#) for ideas and [video](#) from a SAVE Promise Club for inspirational and unique "Hello Styles!"



September 20 | Upstander Tuesday

Show appreciation to the Upstanders in your school community.

Give an [Upstander Certificate](#) or [Upstander-GRAM](#) to someone who reaches out and helps others!

September 21 | Wear Green Wednesday

Green Out! Wear green today as a symbol of unity and solidarity with Sandy Hook Promise.



September 22 | Trusted Adult Thursday

Thank a Trusted Adult today. Trusted Adults are always spreading the *Start With Hello* spirit! Give Trusted Adults a [certificate](#) or [note of gratitude](#).

September 23 | Moving Forward Fri-Yay

Make a [Start With Hello Promise Pledge](#) to keep the *Start With Hello* spirit going throughout the year!



Check-out the [Start With Hello Week resources page](#) for these activities and more!



Use this [social media kit](#), too!