



## National Youth Violence Prevention Week Action Kit March 30 – April 3, 2020

Students Against Violence Everywhere (SAVE), an initiative of Sandy Hook Promise, is proud to be a founding partner of National Youth Violence Prevention Week (NYVPW). Founded in 2001, NYVPW hopes to raise awareness and educate youth and communities on effective strategies to prevent youth violence *BEFORE* it happens. The campaign is a week-long event with each day of the week corresponding to a specific challenge for communities around the country to unite and youth to share voices that violence can be prevented!

**Monday, March 30**

**Tuesday, March 31**

**Wednesday, April 1**

**Thursday, April 2**

**Friday, April 3**

Know the Signs and SAVE the Day

Promote Respect and Tolerance

Be an Upstander

Resolve Conflicts Peacefully

Unite in Action

### National Youth Violence Prevention Week is a Community-Wide Campaign!

Everyone can play a role in preventing youth violence. Our community wheel provides ideas for every sector of the community. Visit [www.nationalsave.org/NYVPW](http://www.nationalsave.org/NYVPW) and click on the spokes of the community wheel to learn how you can make a difference, not just during National Youth Violence Prevention Week, but all year long. Here are some sample ideas:

**Conduct workshops** and share tips, lesson plans, and ideas for preventing youth violence. Connect with others to collaborate on the campaign.

**Create awareness** through PSAs, posters, and social media by sharing activities for National Youth Violence Prevention Week using #NYVPW.

**Adopt a school** and donate educational resources that teach young people strategies to reduce violence.

**Donate your time**, talent, and resources to help run successful violence prevention events throughout the week.

**Encourage local media** coverage of campaign events.

**Invite local legislators** to participate in NYVPW, share it on their social media and ask them to officially recognize the event with a resolution or press release.

**Join/Create a local roundtable** in your community to formulate strategies to reduce youth violence.

Reach out to members in our sponsors' organizations (school counselors, teachers, social workers, etc.)



# National Youth Violence Week CHALLENGES!

## Create Awareness! Lead-Up Awareness Activities

Organize awareness activities leading-up to NYVPW to get communities interested and excited about community-wide efforts to reduce youth violence! Use Public Service Announcements, posters and social media.

**Register a SAVE Promise Club** and empower the new Club to plan NYVPW activities! #NYVPW – tag Twitter@SandyHook or Instagram @SandyHookPromise to be entered in a drawing for special prizes.

**Conduct Workshops** to share tips, lessons, and ideas for preventing youth violence. Utilize the free [Know the Signs programs](#) from Sandy Hook Promise.

**Provide educators with research and project-based learning (PBL)** opportunities that activate students' knowledge about violence prevention strategies used in major historical events, such as civil disobedience. Refer to resources such as [Facing History and Ourselves](#) and Sandy Hook Promise's [Say Something](#) Educator's Guides with lesson ideas on upstanders.

**Set-up visual cues** that remind the community about the prevalence of youth violence. Place six large ribbons and four green ribbons in a highly visual place. This represents the statistic that 60% of American children are exposed to violence, crime, or abuse in their homes, schools, and communities. Share the meaning of the ribbons on your morning announcements or broadcasts.

**Use Jared's Heart of Success's idea** and make orange bracelets for survivors of gun violence and students who have lost family members to gun violence the week preceding NYVPW. The bracelets can be worn as a symbolic, visual reminder of the tragedy of gun violence.



## Monday, March 30<sup>th</sup>: Know the Signs and SAVE the Day

**Raise Awareness!** Set-up a display table in the main lobby or cafeteria that promotes your SAVE Promise Club and brings awareness to the *Know the Signs* Programs: [Start With Hello](#) and *Say Something*.

**Be the Light!** Share [#TomorrowsNews](#) with youth and adults to facilitate conversations on how to [Know The Signs](#) and prevent violence BEFORE it happens.

**Educate with Videos!** Teach others how to [Say Something](#) when you see Warning Signs, Signals and Threats. Use the [Say Something student training](#), [Evan](#) and [Point of View](#) PSA's as your teaching tools.

**Act On It!** Develop a suggestion box, locker, or tip line so students can anonymously provide suggestions to improve safety at your school.

**Host a Youth Conference.** Involve youth and community leaders with an interactive panel and break-out sessions on community safety tips and strategies.

**Break the Ice.** Give your teachers icebreakers from the [Start With Hello](#) program and encourage them to have a SAVE Promise Club member facilitate these getting-to-know you activities throughout the day.





## Tuesday, March 31<sup>st</sup>: Promote Respect & Tolerance

**Run a Compliments Drive.** Ask students to give out at least five compliments – either verbally or written – to students or adults with whom they do not typically talk or place an anonymous compliment box in the lobby, courtyard, or cafeteria.

**Mix It Up!** Eat lunch with someone new or do a seat-switch in class and learn about each other! Creatively assign random tables (birth month, colored objects). Register your Mix It Up day on the Teaching Tolerance website: <https://www.tolerance.org/>.

**Give Yourself A Boost.** Run a Boost Your Confidence Campaign by asking students to share what they love about their ‘Unique Self’ and write it down on sticky-notes or note cards. Celebrate Unique Selves and on a prominent display board.

**Host a “Random Acts of Kindness” Day.** Encourage students to go out of their way to be kind to one another. Create an oversized poster where students can write an act of kindness they engaged in or an act of kindness someone did for them. Borrow General Stanford Elementary School’s idea and ask students to make-and-share kindness bookmarks!

**In a Flash!** Set-up a selfie station where students take a picture of themselves and a new friend and upload it to Instagram to document new friendships.

**Think Before You Speak.** Conduct an activity to identify words that INCLUDE instead of EXCLUDE to help create a culture of acceptance. Create posters or a bulletin board with positive, encouraging and inclusive words.



## Wednesday, April 1<sup>st</sup>: Be an Upstander

**Acknowledge Your Trusted Adults!** Ask staff and teachers to hang signs in their offices and classrooms that state “I Care About You and Will Be Your Trusted Adult.”

**Celebrate Your Superheroes!** Recognize Superhero students who go above-and-beyond to help create a positive, safe, and friendly school culture. Surprise them with a shout-out from the Principal on morning announcements.

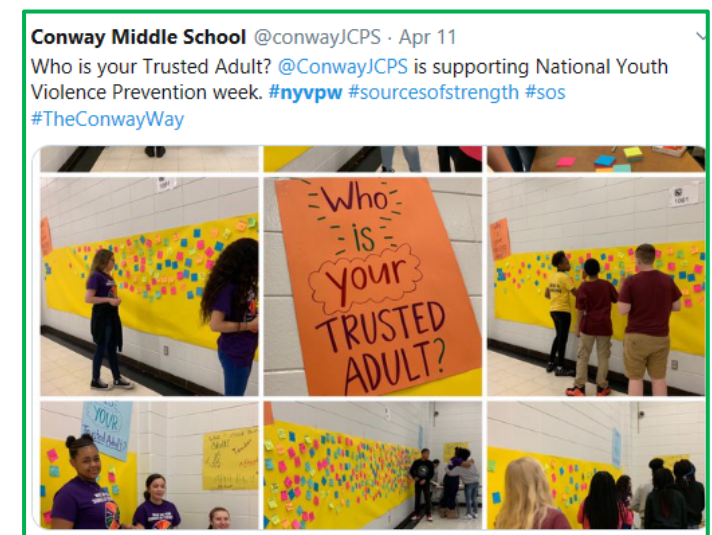
**Launch a School-Wide Essay Contest.** Ask students to submit essays on the topic: “I am an Upstander because.” Read submissions at an event or over morning announcements. Share on social media, #NYVPW

**Create an anonymous Upstander Box.** Provide a box where all people in the school community can drop in notes of someone they caught being an Upstander. Recognize those students with Upstander certificates.

**Create a Wall of Fame.** Display those identified Superhero Adults in your community on a highly visible Wall of Fame and invite students and faculty to write messages of gratitude and encouragement to those Superheroes.

**Produce PSAs.** Create PSAs on what it is to be an Upstander. Share on morning announcements, with local media or social media and #NYVPW

**Pledge to be an Upstander!** Create a banner with the *Say Something* Pledge and ask youth to sign to be an Upstander. Explain they are the Guardians of their Communities and to look out for each other.



## Thursday, April 2<sup>nd</sup>: Resolve Conflicts Peacefully

**Don't Let Anger Heat You Up!** Pass out hot chocolate with this phrase attached. Share [Tips on Staying Cool When Things Heat Up](#). Mindful breathing or Mandala coloring books are a couple of ways to start.

**Perform Role Plays or Skits.** Illustrate positive ways to deal with difficult situations such as bullying and peer pressure. [Everybody Gets Mad, Ideas for Coping](#).

**Mind your Mind.** Lead a Mindfulness practice – organize a guided meditation where students learn to pause and observe their own thoughts as they come up, assigning each thought a color: yellow for happy, green for neutral, blue for sad, red for angry. Discuss using this practice as a tool when blue and red feelings come up.

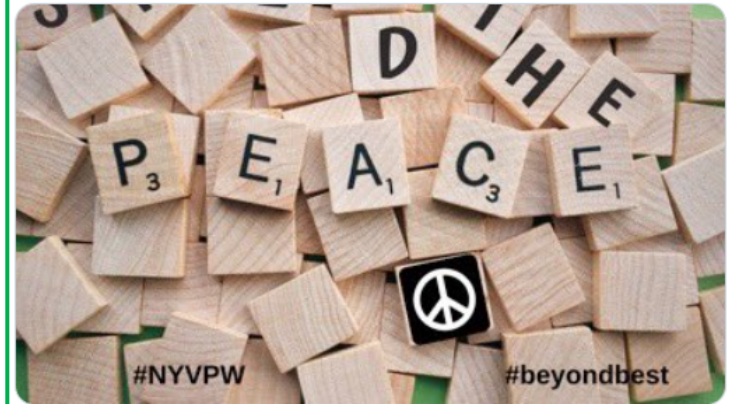
**Discover Your Happy.** This [program](#) aims to create awareness that happiness is more than a fleeting feeling, that sustainable happiness is achievable, and that there are a set of skills that can be taught, learned and practiced to help anyone in their journey toward happiness.

**Spread the Peace.** Use art to promote peace, just like Miami Dade County Public Schools Superintendent of Indian County School District did last year! Paint a peace mural over graffiti or host a peace themed sidewalk art event. Share photos of your art on social media with #NYVPW

**Research Best Practices.** Learn about the best practices to manage conflicts peacefully through the [National Youth Violence Prevention Resource Center Facts for Teens](#).

Dr. David K. Moore @SDIRC\_SUP · Apr 11

This is National Youth Violence Prevention Week. Teach students how to resolve conflicts peacefully. Share a few best practices on the morning announcements and host a peace-themed art event. Share this photo on social media with #NYVPW #spreadthepeace @MDCPS @StdSvcMDCPS



## Friday, April 3<sup>rd</sup>: Unite in Action

**Form a Club.** Be part of the national effort all year long by registering as a [Students Against Violence Everywhere \(SAVE\) Promise Club](#). Clubs will be entered into a #NYVPW drawing for special prizes.

**Recruit and Promote SAVE.** Reach-out to existing clubs and make announcements over the loudspeaker to increase your SAVE Promise Club membership. Highlight the impact SAVE Promise Clubs have on a positive school culture.

**Unite in Service.** Organize a service project where youth and adults come together and make a difference. Create a connected community – empower youth to think of ideas, like organizing a park clean-up, or planting a garden to help feed community members in need.

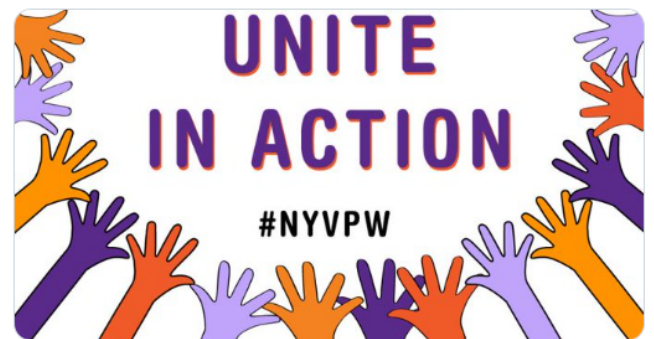
**Share Resources.** Work with community agencies to create a community resource guide with mental health, suicide, runaway and other youth-focused resources.

**Be A Buddy like a Hero.** Pair adults or youth mentors with other youth for positive role models and positive peer activities.



Holcomb Prevention @HBHSPrevention · Apr 12

Although National Youth Violence Prevention Week may be ending, prevent youth violence all year long by registering a SAVE Promise Club! [sandyhookpromise.org/savepromiseclub](http://sandyhookpromise.org/savepromiseclub) #NYVPW #preventionworks



## Attend the National Youth Summit! April 4, 2020 North Ridgeville, Ohio

Join SAVE Promise Clubs and get inspired by youth activists working to prevent violence in communities across the country. Attend this celebration of youth leadership and SAVE Promise Club accomplishments. This year's theme is about building and constructing our future leaders. Youth-led breakout sessions and interactive team-building activities are just the foundation of the exciting offerings at this year's SAVE Promise Club Youth Summit. Can't attend? You can still participate in some livestreamed sessions and add your footprint to the Road to Tomorrow, check-out this [Summit webpage](#) for more details!





# Get Social! Create your own #NYVPW posts or use the following

## Suggested posts Leading up to #NYVPW:

- National Youth Violence Prevention Week is March 30 – April 3, 2020. Start planning your activities now! [#NYVPW](https://www.nationalsave.org/NYVPW) [nationalsave.org/NYVPW](https://www.nationalsave.org/NYVPW)
- Register a Students Against Violence Everywhere (SAVE) Promise Club and plan your activities for [#NYVPW](https://www.sandyhookpromise.org/savepromiseclub)! <https://www.sandyhookpromise.org/savepromiseclub>
- Check out the daily challenges for [#NYVPW](https://www.nationalsave.org/NYVPW) and share what activities you have planned! [nationalsave.org/NYVPW](https://www.nationalsave.org/NYVPW)
- We are proud to be a part of @nationalsave's National Youth Violence Prevention Week! Join us as we encourage youth to be violence-free! [#NYVPW](https://www.nationalsave.org/NYVPW) [nationalsave.org/NYVPW](https://www.nationalsave.org/NYVPW)

## Day 1 (March 30): Know the Signs & SAVE the Day

- Happy first day of @nationalsave's [#NYVPW](https://www.nationalsave.org/NYVPW)! This week teach others how to Say Something when you see warning signs, signals, and threats. Share helpful tips with families and school staff. <https://bit.ly/2EKUzS4>
- For [#NYVPW](https://www.nationalsave.org/NYVPW), help us to change #TomorrowsNews by preventing violence BEFORE it happens. [#TomorrowsNews](https://www.nationalsave.org/NYVPW)
- During [#NYVPW](https://www.nationalsave.org/NYVPW), learn the signs to SAVE the day! <https://www.sandyhookpromise.org/prevention-programs2>
- During [#NYVPW](https://www.nationalsave.org/NYVPW) use icebreakers from the *Start With Hello* program to encourage students to get to know one another! <https://www.sandyhookpromise.org/prevention-programs2>

## Day 2 (March 31): Promote Respect & Tolerance

- [#NYVPW](https://www.nationalsave.org/NYVPW) Daily Activity: Mix It Up! Get to know at least one person you do not know. Register your Mix It Up day on the Teaching Tolerance website: <https://www.teachingtolerance.org/mix-it-up>
- For [#NYVPW](https://www.nationalsave.org/NYVPW) we encourage you to perform one act of kindness today. Encourage others to do the same!
- For [#NYVPW](https://www.nationalsave.org/NYVPW) we are hosting a confidence campaign! What do you love about yourself? Share it with us!
- [#NYVPW](https://www.nationalsave.org/NYVPW) Compliment Drive: Give at least five compliments to people or place an anonymous compliment box in the lobby, courtyard, or cafeteria to collect compliments and pass them out the next day!
- Share pictures of your human chain with [@sandyhook](https://www.sandyhookpromise.org) and [@nationalsave](https://www.nationalsave.org).

## Day 3 (April 1): Be an Upstander

- For [#NYVPW](https://www.nationalsave.org/NYVPW) use @sandyhook's [#StartWithHello](https://www.sandyhookpromise.org/prevention-programs2) to create a more caring and inclusive school and community. <https://www.sandyhookpromise.org/prevention-programs2>
- [#NYVPW](https://www.nationalsave.org/NYVPW) Activity: Recognize students who go above-and-beyond to help create a positive, safe, and friendly school culture. Take a selfie with them and [#NYVPW](https://www.nationalsave.org/NYVPW) #Upstander
- [#NYVPW](https://www.nationalsave.org/NYVPW) Activity: Create a public service announcement on what it is to be an Upstander. Share on morning announcements, with local media or social media with [#NYVPW](https://www.nationalsave.org/NYVPW)
- For [#NYVPW](https://www.nationalsave.org/NYVPW) we are asking staff and teachers to hang signs in their offices and classrooms that state "I Care About You and Will Be Your Trusted Adult."

## Day 4 (April 2): Resolve Conflicts Peacefully

- During [#NYVPW](https://www.nationalsave.org/NYVPW) we want to illustrate positive ways to deal with difficult situations such as bullying and peer pressure by sharing Everybody Gets Mad, Ideas for Coping. <https://bit.ly/1Ws9jVh>
- Learn about the best practices to manage conflicts peacefully through the National Youth Violence Prevention Resource Center Facts for Teens. [#NYVPW](https://www.nationalsave.org/NYVPW) <https://bit.ly/2GpPbWi>
- Discover Your Happy: This program aims to create awareness that happiness is more than a fleeting feeling, that sustainable happiness is achievable, and that there are a set of skills that can be taught, learned and practiced to help anyone in their journey toward happiness. [#NYVPW](https://www.nationalsave.org/NYVPW) <https://bit.ly/2RnK09J>
- Today's [#NYVPW](https://www.nationalsave.org/NYVPW) Activity: Paint a peace mural over graffiti or host a peace-themed sidewalk art event.

## Day 5 (April 3): Unite in Action

- [#NYVPW](https://www.nationalsave.org/NYVPW) Daily Activity: Unite in Service. Organize a service project where youth and adults come together and make a difference.
- This is how our club made a difference during [#NYVPW](https://www.nationalsave.org/NYVPW) [Insert text and images on how your club made a difference this week!] [@sandyhook](https://www.sandyhookpromise.org) [@nationalsave](https://www.nationalsave.org)
- Although National Youth Violence Prevention Week may be ending, prevent youth violence all year long by registering a SAVE Promise Club! <https://www.sandyhookpromise.org/savepromiseclub>
- SAVE Promise Clubs create a culture of looking out for one another, being upstanders and preventing violence before it happens. Find out how to create your own club at <https://www.sandyhookpromise.org/savepromiseclub>

## Everyone Can Participate in National Youth Violence Prevention Week!

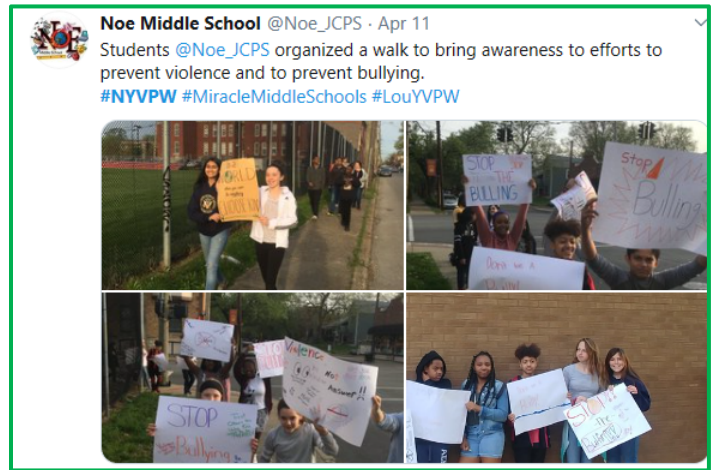
<b>Schools</b>	<ul style="list-style-type: none"> <li>• Schedule daily activities on campus throughout NYVPW.</li> <li>• Launch <i>Start with Hello</i> and <i>Say Something</i> programs.</li> <li>• Register a SAVE Promise Club to support student leaders' efforts in preventing violence year-round.</li> </ul>
<b>Service Organizations</b>	<ul style="list-style-type: none"> <li>• Host a screening for a Sandy Hook Promise PSA, such as <a href="#">Evan</a> or <a href="#">Point of View</a> and facilitate a community forum on how to prevent violence in your communities before it happens.</li> <li>• Host a youth violence prevention conference and invite all stakeholders from the community. Schedule opportunities for youth to present and lead discussions.</li> </ul>
<b>Parents</b>	<ul style="list-style-type: none"> <li>• Work with your PTA/PTSO to organize events for the NYVPW campaign.</li> <li>• Review the Sandy Hook Promise <i>Say Something</i> Warning Signs checklist with your children and have discussions about what they are seeing online and who their Trusted Adults are.</li> </ul>
<b>Social Services Organizations</b>	<ul style="list-style-type: none"> <li>• Give youth a platform to speak - host roundtable discussions that bring together youth, community agencies, first responders, politicians, and parents to develop and action plan for preventing violence community-wide.</li> <li>• Promote NYVPW in your organization's newsletter.</li> </ul>
<b>Senior Citizens</b>	<ul style="list-style-type: none"> <li>• Learn about Sandy Hook Promise's <i>Know the Signs</i> violence prevention programs and empower your community to be Trusted Adults in your grandchildren and local youths' lives.</li> </ul>
<b>Law Enforcement</b>	<ul style="list-style-type: none"> <li>• Encourage Law Enforcement staff and officers to become mentors and volunteer time in schools to deliver violence prevention presentations.</li> </ul>
<b>Government</b>	<ul style="list-style-type: none"> <li>• Inform constituents about NYVPW and publicly recognize the campaign with an official proclamation.</li> <li>• Give a speech about NYVPW and the many ways the community is getting involved in the campaign at a local fair, parade, or major event.</li> </ul>
<b>Business</b>	<ul style="list-style-type: none"> <li>• Promote NYVPW on your business marquis or billboard.</li> <li>• Donate books, resources, and professional development funds to local schools to support their efforts in violence prevention.</li> </ul>
<b>Faith-Based</b>	<ul style="list-style-type: none"> <li>• Organize a community service event where your organization's youth and adults work together to prevent violence.</li> </ul>
<b>Medical</b>	<ul style="list-style-type: none"> <li>• Distribute research-based anger management strategies and host Mindfulness seminars for community youth.</li> <li>• Encourage hospital and medical clinic social work and psychologist staff to host educational forums on topics such as: dating violence prevention, gang violence, and conflict mediation strategies.</li> </ul>
<b>Youth</b>	<ul style="list-style-type: none"> <li>• Take a leadership role in organizing school-wide events to prevent violence: <i>Start with Hello</i> activities, peace rallies, awareness-building presentations, and student-delivered <i>Say Something</i> presentations.</li> </ul>
<b>Media</b>	<ul style="list-style-type: none"> <li>• Get the scoop on what local SAVE Promise Clubs are doing to prevent violence in your community and publish stories about the great work throughout the campaign week.</li> <li>• Provide coverage of local school's violence prevention conferences.</li> </ul>

## Highlights from Last Year's NYVPW: Young Activists Projecting Their Voices!

### Hold a Student-Led Empathy or Peace Walk!

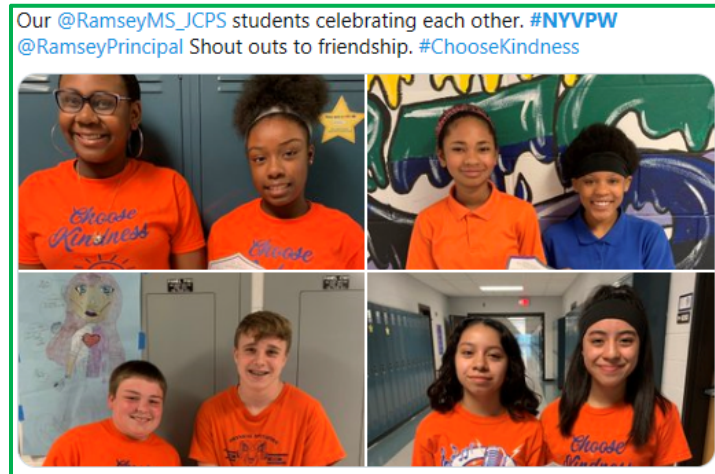
Young activists chanted "Peace Love and Action!" and "Hey, Hey, Ho, Ho, Empathy is the Way To Go!" during an Empathy Walk at Maupin Elementary School in Louisville, Kentucky to conclude National Youth Violence Prevention Week. <https://twitter.com/i/status/1116926033163378691>

Norton Elementary School in Kentucky also got in the upstander spirit with a peace walk.



### Celebrate Kindness and Friendships!

Ramsey Middle School in Louisville, Kentucky promoted kindness and friendships for NYVPW – they know that encouraging kindness and nurturing friendships – violence is prevented.



### Educate and Build Awareness with Chalk Art





## Celebrate Upstanders and Superheroes

**PLD Lamplighter** @pdlamplighter · Apr 12  
 As this week of school ends and the weekend begins, Dunbar participated in #nyvpw! In efforts to promote student voices and prevent violence in school, students can safely say that we completed it. Check out our Instagram @pdlamplighter to see what happened this week!



**Ken Christian** @MrChristian502 · Apr 12  
 These are some our super hero S's that bring positivity and promote a safe environment @FernCreekHigh during National Youth Violence Prevention Week and all the time. #NYVPW



**Denver Office of Children's Affairs** @CityOfDenverOCA · Apr 10  
 On Monday, April 8th in Recognition of National Youth Violence Prevention Week, Denver City Council read a proclamation officially recognizing the 2nd week of April in Denver as Youth Violence Prevention Week. #NYVPW #Denver



**Kindred Place** @kindredplace901 · Apr 10  
 National Youth Violence Prevention Week hopes to raise awareness and educate youth and communities on effective strategies to prevent youth violence before it happens. As advocates for non-violent conflict resolution, we are proud to support this initiative #NYVPW.



**Florida Health Duval** @FLHealthDuval · Apr 12  
 Be an upstander! Learn how to recognize warning signs & report threats of violence during #NationalYouthViolencePreventionWeek. [bit.ly/2UMkjFL](https://bit.ly/2UMkjFL) #NYVPW



**National Youth Violence Prevention Week**  
 Prevent youth violence by being an upstander!

**ColaSC ParksRec** @ColaSCParksRec · Apr 10  
 We had a great discussion with our youth and adults tonight. Thanks to all of our panelists and guests for joining us! #NYVPW

