

# What is National Youth Violence Prevention Week?

April 8-12, 2019

**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 and implemented by communities around the country. Our theme this year is **BE A SUPERHERO: ACTIVATE YOUR SUPERPOWERS!**

- Monday, **Know the Signs and SAVE the Day!**
- Tuesday, **Promote Respect and Tolerance: *With Great Power Comes Great Responsibility!***
- Wednesday, **Be an Upstander: *Use Your Superpowers!***
- Thursday, **Resolve Conflicts Peacefully with Super Human Strength!**
- Friday, **Unite in Action: *Organize Your Justice League!***

## Lead-Up Awareness Activities

You can begin organizing many activities before National Youth Violence Prevention Week (NYVPW) to engage communities early and bring awareness to your upcoming week long emphasis:

- **Register a SAVE Promise Club** and have the club plan your activities! #NYVPW - tag Twitter @SandyHook or Instagram @SandyHookPromise to be entered into a #NYVPW drawing for special prizes.
- **Conduct Workshops** and share tips, lesson plans, and ideas for preventing youth violence. Utilize free **Know the Signs Programs** from **Sandy Hook Promise**.
- **Raise Awareness** through PSAs, posters, and social media sharing for NYVPW. Use **#NYVPW** on social media. Help change **Tomorrow's News**.
- **Visualize Six out of Ten**. Place six large orange 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 post stat with ribbons.



## National Youth Violence Prevention Week Challenges

### Monday

#### 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.

**Use Your Spider-Sense!** Teach others how to Say Something when you see Warning Signs, Signals and

Threats. Share Helpful Tips with families and school staff.

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

**Create a Chalk Walk.** Write the 3 Say Something steps in chalk on sidewalks and pathways leading-up to the school, in courtyards, and other high-traffic areas.

**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.

[www.nationalsave.org/NYVPW](http://www.nationalsave.org/NYVPW)

## Tuesday

### Promote Respect & Tolerance: With Great Power Comes Great Responsibility!

**Mix It Up!** Eat lunch with someone new and learn about each other! Creatively assign random tables (birth month, colored objects). Register your Mix It Up day on the Teaching Tolerance website: Teaching Tolerance.

**Give Yourself A Boost.** Run a Boost Your Confidence Campaign by asking students to share what they love about their 'Unique Self' and create a Superhero Slogan for themselves on sticky-notes or note cards. Celebrate Unique Selves and Superhero Slogans 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.

**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.

**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.

## Wednesday

### Be An Upstander: Use Your Superpowers!

**Advertise Your Caped Crusaders!** 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 with #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 public service announcements on what it is to be an Upstander. Share on morning

announcements, with local media or social media with #NYVPW

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

## Thursday

### Resolve Conflicts Peacefully with Superhuman Strength!

**Don't Let Anger Heat You Up!** Pass out hot chocolate with this phrase attached. Share Tips on Staying Cool When Things Heat Up.

**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.** 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.

## Friday

### Unite in Action: Organize Your Justice League!

**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.

# "How Can I Help?"

- ✓ **Adopt** a school and donate educational resources that teach young people strategies to reduce violence
- ✓ **Conduct** workshops and share tips, lesson plans, and ideas for preventing youth violence. Utilize Sandy Hook Promise's free Know the Signs Programs
- ✓ **Connect** with others to collaborate on the campaign and refer them to the campaign website for more information
- ✓ **Create** awareness through PSAs, posters, and social media by sharing activities for National Youth Violence Prevention Week using #NYVPW
- ✓ **Donate** your time, talent, energy, and resources to help with 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 (see below for more information)
- ✓ **Reach out** to members in our sponsors' organizations (school counselors, teachers, social workers, etc.)
- ✓ **Send** letters to your local, state, and national representatives to ask them to support the campaign or attend your NYVPW event or roundtable
- ✓ **Wear** violence prevention ribbons and hang NYVPW posters to demonstrate your support for the campaign
- ✓ **Take Action!** If you work with youth, register a SAVE Promise Club at [www.sandyhookpromise.org/savepromiseclub](http://www.sandyhookpromise.org/savepromiseclub)



## Join Us at the National Youth Summit! April 13, 2019 - Concord, NC

Sandy Hook Promise is excited to continue the annual tradition of the SAVE Youth Summit for SAVE Promise Clubs across the country! This annual gathering of student leaders, advisors and advocates showcases successful practices in preventing violence and training participants in effective ways to make their schools and communities safer. It is a time for youth voices to be heard in workshops, peer-to-peer presentations and activities that encourage, educate, engage and empower youth with violence prevention strategies. Please join us at H.E. Winkler Middle School in Concord, NC (closest airport is in Charlotte, NC) for motivating workshops, outstanding speakers, national awareness efforts and special presentations. [www.sandyhookpromise.org/savepromiseclubsummit](http://www.sandyhookpromise.org/savepromiseclubsummit)



# Everyone Can Help Prevent Youth Violence

<b>Schools</b>	<ul style="list-style-type: none"> <li>» Schedule daily activities on campus throughout NYVPW</li> <li>» Implement Start With Hello or Say Something, two easy to implement and FREE programs from Sandy Hook Promise</li> <li>» Register a SAVE Promise Club to continue your violence prevention efforts</li> </ul>
<b>Senior Citizens</b>	<ul style="list-style-type: none"> <li>» Review the Say Something materials from Sandy Hook Promise, and learn what it means to be a trusted adult to youth you know</li> <li>» Talk with your grandchildren and inspire them to make the safe and smart choices</li> </ul>
<b>Service Organizations</b>	<ul style="list-style-type: none"> <li>» Promote NYVPW in your organization's newsletter</li> <li>» Play the Evan Video and facilitate conversations on how to Know the Signs and prevent violence BEFORE it happens</li> </ul>
<b>Parents</b>	<ul style="list-style-type: none"> <li>» Watch &amp; discuss the Evan Video with your middle &amp; high school students</li> <li>» Work with your PTA to promote NYVPW</li> <li>» Sign up to be a Sandy Hook Promise Leader and help create safer homes, schools and communities all year long</li> </ul>
<b>Social Services</b>	<ul style="list-style-type: none"> <li>» Promote NYVPW through your agency's newsletter, website or social media</li> <li>» Offer to present/sponsor workshops for local in-school violence prevention conferences</li> <li>» Educate yourself on Sandy Hook Promise's free Know the Signs programs</li> </ul>
<b>Law Enforcement</b>	<ul style="list-style-type: none"> <li>» Encourage staff and officers to become mentors and teach youth effective methods to prevent violence</li> <li>» Have your School Resource Officers, school liaisons, and DARE partners learn more about Sandy Hook Promise's free Know the Signs programs</li> </ul>
<b>Government</b>	<ul style="list-style-type: none"> <li>» Participate in your constituents events and recognize NYVPW with an official proclamation</li> <li>» Make a speech on NYVPW and the importance of taking action to prevent violence; share your remarks through social media and press release</li> </ul>
<b>Business</b>	<ul style="list-style-type: none"> <li>» Share your support of NYVPW by posting a supportive message on your business marquee or in a newspaper ad</li> <li>» Donate educational resources to local schools</li> <li>» Add a link from your business website or social media page to NYVPW</li> </ul>
<b>Religious</b>	<ul style="list-style-type: none"> <li>» Promote NYVPW through your religious flyers</li> <li>» Ask youth in your organization to participate in the National Youth Violence Prevention Week (NYVPW) and to register a SAVE Promise Club</li> </ul>
<b>Medical</b>	<ul style="list-style-type: none"> <li>» Review the Say Something materials from Sandy Hook Promise, learn what it means to be a trusted adult and discuss with youth</li> <li>» Share with youth how to handle anger nonviolently</li> </ul>
<b>Youth</b>	<ul style="list-style-type: none"> <li>» Familiarize yourself with Start With Hello and Say Something, two easy to implement and FREE programs from Sandy Hook Promise</li> <li>» Contact your school administrators to encourage them to participate in NYVPW and to initiate a SAVE Promise Club</li> </ul>
<b>Media</b>	<ul style="list-style-type: none"> <li>» Interview local SAVE Promise Clubs and national NYVPW spokespersons</li> <li>» Provide coverage of local school's violence prevention conferences</li> <li>» Create PSAs to promote various initiatives of NYVPW</li> </ul>



# Get Social!

Create your own **#NYVPW** posts or use the following suggested posts:

## Suggested posts Leading up to #NYVPW:

- National Youth Violence Prevention Week is April 8th-12th, 2019. Start planning your activities now! **#NYVPW** [nationalsave.org/NYVPW](http://nationalsave.org/NYVPW)
- Register a Students Against Violence Everywhere (SAVE) Promise Club and plan your activities for **#NYVPW!** <https://www.sandyhookpromise.org/savepromiseclub>
- Check out the daily challenges for **#NYVPW** (April 8th-12th). Share what activities you have planned! [nationalsave.org/NYVPW](http://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** [nationalsave.org/NYVPW](http://nationalsave.org/NYVPW)

## Day 1 (April 8): Know the Signs & SAVE the Day!

- Happy first day of @nationalsave's **#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**, help us to change #TomorrowsNews by preventing violence BEFORE it happens. <https://www.youtube.com/watch?v=ZvRQ1StsYGw>
- During **#NYVPW**, learn the signs to SAVE the day! [https://www.sandyhookpromise.org/prevention\\_programs](https://www.sandyhookpromise.org/prevention_programs)
- During **#NYVPW** use icebreakers from the Start With Hello program to encourage students to get to know one another! [https://www.sandyhookpromise.org/prevention\\_programs](https://www.sandyhookpromise.org/prevention_programs)

## Day 2 (April 9): Promote Respect & Tolerance: With Great Power comes Great Responsibility!

- **#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.tolerance.org/mix-it-up>
- For **#NYVPW** we encourage you to perform one act of kindness today. Encourage others to do the same!
- For **#NYVPW** we are hosting a confidence campaign! What do you love about yourself? What is your superhero slogan? Share it with us in comments!
- **#NYVPW** Daily Activity: Organize a time of day to form a human chain around your school to promote unity and acceptance. Share pictures of your human chain with @sandyhook and @nationalsave.

## Day 3 (April 10): Be an Upstander! Use Your Superpowers!

- For **#NYVPW** use @sandyhook's #StartWithHello to create a more caring and inclusive school and community. [https://www.sandyhookpromise.org/prevention\\_programs](https://www.sandyhookpromise.org/prevention_programs)
- **#NYVPW** Daily Activity: Recognize Superhero students who go above-and-beyond to help create a positive, safe, and friendly school culture. Take a selfie with them and **#NYVPW** #Superhero!
- **#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**
- For **#NYVPW** we are advertising our caped crusaders by 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 11): Resolve Conflicts Peacefully with Superhuman Strength!

- During **#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://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://bit.ly/2RnK09J>
- Today's **#NYVPW** Activity: Paint a peace mural over graffiti or host a peace-themed sidewalk art event.

## Day 5 (April 12): Unite in Action

- **#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** [Insert text and images on how your club made a difference this week!] @sandyhook @nationalsave
- 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/savepromise-club>