



Every Fall, K-8 students at StMM learn about the [Start with Hello Program](#). “Start With Hello” is a violence prevention program that teaches youth to create a culture of kindness and belonging.

The “Start with Hello” framework teaches children and youth to:

1. **SEE SOMEONE ALONE:** Recognize social isolation, empathize with those who may feel alone, learn how “healthy alone time” is different, and learn the importance of connecting with others.
2. **REACH OUT AND HELP:** Develop strategies for connecting with others and ways to alleviate anxiety about reaching out.
3. **“START WITH HELLO”:** Encourage and empower students to include others.



This year we are including the [Say Something Anonymous Reporting System](#) with our StMM Middle School (6th-8th Grade) students. Our students are often aware of the problems their peers are facing, so we must empower them to recognize the danger signs and give them the tools to help each other with the assistance of trained and caring adults. While we know conversations are taking place on social media, it is critical that we teach our students to look out for one another as these digital conversations are taking place. “Say Something” teaches them what to look for in text, video and photos while empowering them to act quickly to help a fellow student.

The program also teaches students to recognize at-risk behaviors in friends and classmates at school and in their local community. For more information about how to submit an anonymous tip: <https://www.sandyhookpromise.org/say-something-tips/>

Questions? Contact [Nikki Curliss](#), Guidance Counselor