



# you can sit with me

Thank you for supporting YOU CAN SIT WITH ME.

YOU CAN SIT WITH ME is a kindness campaign and an anti-bullying initiative that supports children suffering with anxiety, depression and feelings of isolation.

YOU CAN SIT WITH ME aims to bring communities together and promote kindness. 5 simple words to help change children's lives - YOU CAN SIT WITH ME

**Below is a list of recommendations and guidelines to assist you:**

1. We feel that not every child should have a wristband, this would cause a “fad” and the purpose will become lost. We have learnt from other schools that it seems to be effective in the years K-6 that each class has 5 wrist bands to give out and they are given out at the beginning of the week with the understanding that the children may not want to wear it every day.
2. We feel that children in leadership roles, peer support or class captains and vice captains should have access to the YOU CAN SIT WITH ME wristbands.
3. Children who show kindness and compassion should also be considered to be YOU CAN SIT WITH ME ambassadors. As should children who you feel could benefit from wearing the wristband, who are trying to change behaviours or who have earned a wristband through positive or kind behaviour.
4. What we feel what is important is that the children understand that if they wear a YOU CAN SIT WITH ME wristband it is a commitment for the day. We need the children to understand that if they make this commitment - they are not to take the

wristband off for the duration of the school day or time in which has been allocated to them to wear it.

5. It is important that the children think carefully prior to wearing the wristband. They need to consider the following points prior to wearing the wristband:
  - *Am I having a good day today, do I feel strong enough to help others?*
  - *Am I happy for anyone of any race, gender, age or culture to sit with me today?*
  - *Am I too busy today to help other people because I have activities on at recess and lunchtime?*

## **HOW DO WE BUY WRISTBANDS?**

Simply order individual wristbands or you can purchase bulk quantity for your school, club or community via <http://www.youcansitwithme.org>

## **HOW DO WE COMMUNICATE THE CAMPAIGN TO STUDENTS AND PARENTS?**

We recommend these guidelines are shared verbally (see section above) especially for children) with students by the Principal or Club Manager in Assembly and also reiterated by their class teacher or sports coach.

We strongly recommend these guidelines are either emailed home to parents or you may feel more appropriate to rewrite into your own letterhead and explain how your school will run the program along with the other anti-bullying and positive behaviour programs you have active at your school or club.

We suggest that parents are educated so everyone is working cohesively to support the message.

In the near future we will also have posters and stickers to display in key areas at your school or club.

## **CAN I PURCHASE THE WRISTBANDS FOR FUNDRAISING?**

We do not sell the bands for fundraising purposes. We strongly feel that if every child wears a band that the message is lost and will become a fad that fades away. We don't want that to happen as we have a long-term vision for these 5 simple, beautiful words to be a part of all school and club positive behaviour and anti-bullying guidelines.

It is a very simple message with 5 simple words that can have a huge impact if used correctly.

It is worth noting that we have already partnered with The Australian Literacy and Numeracy Foundation and a portion of the profits from the sale of our wristbands goes to them to help support the amazing work they do to improve literacy and numeracy rates of children in some of Australia's most isolated communities.

## **WHERE DO PROCEEDS GO?**

We have partnered with the Australian Literacy and Numeracy Foundation and we donate a portion of profits to this great cause. The money goes directly to further improve the education of our Aboriginal and Refugee communities, something the children should be very proud of supporting. We are very excited and proud about this.

## **HOW DO WE KEEP IN TOUCH?**

*Please give us any feedback, we welcome your expertise. Please share with us what has and hasn't worked in your school, community and sports clubs. We will be constantly updating this document with your support.*

*Email your feedback to [info@sophiewhitehouse.com](mailto:info@sophiewhitehouse.com)*

*Our goal is to be able to embed the YOU CAN SIT WITH ME campaign into as many schools as possible and with your help together we will help support fellow Australian children.*

*Don't forget to visit our website regularly for our latest news, updates, media and ambassador news. [www.youcansitwithme.org](http://www.youcansitwithme.org)*

*You can also Like us on Instagram and facebook/YOUCANSITWITHME and follow us on twitter @UCanSitWithMe*

*YOU CAN SIT WITH ME, together we can change lives.*