

# YOU CAN SIT WITH ME

5 little words to change  
a little life



## Program for parents

Welcome, Parents and Carers  
Thank you for supporting the  
YOU CAN SIT WITH ME  
campaign. This initiative helps  
create a kinder, more inclusive  
school community by  
empowering children to offer  
friendship, help others feel safe,  
and reduce loneliness.

As a parent or caregiver, your  
influence is powerful. The way  
you talk about kindness,  
inclusion, and resilience shapes  
how your child responds to others  
at school. Here's how you can  
support the program at home and  
reinforce its message.



## How you can support the Program at home

### 1. Use Inclusive and Respectful Language

Help your child understand the importance of using kind, respectful, and inclusive language about others.

- Say things like:
- “Everyone is welcome at our school.”
- “It’s important to include people, even if they look or act differently from you.”
- “What makes someone a good friend?”
- “How would you feel if you were sitting alone?”
- Avoid labels and assumptions. Encourage curiosity and empathy instead of judgement.



Curriculum Link:

HPE – ACPPS019 / ACPPS037: Describe how respect, empathy and inclusion can support positive relationships.

## **2. Teach Children to Recognise Their Own Feelings and Ask for Help**

Help your child identify and express their feelings – especially if they feel lonely, excluded or anxious.

- Ask reflective questions:
- “Did anything today make you feel a bit left out?”
- “Who can you talk to if you feel sad or worried?”
- “What helps you feel brave when you’re nervous?”
- Model healthy help-seeking behaviour:
- “Sometimes I feel overwhelmed too. When that happens, I ask someone I trust for help.”

Curriculum Link:

HPE – ACPPS017 / ACPPS035: Recognise and describe strategies people can use when they need help with thoughts, feelings or relationships.

## **3. Encourage Acts of Kindness and Inclusion**

Talk about the power of small actions like sitting with someone, saying “hi”, or asking “Are you ok?”

- Celebrate when your child includes others:
- “That was so kind of you to sit with someone new.”
- “You really helped them feel welcome.”
- Make it part of everyday family conversations:
- “What’s something kind you did today?”
- “Did you notice someone who seemed left out? What could you do tomorrow?”

Curriculum Link:

Personal and Social Capability – Levels 1–4: Identify how their behaviour affects others and develop strategies to support inclusion.

#### 4. Support Your Child to Become a YOU CAN SIT WITH ME Ambassador

Children are invited to wear a YOU CAN SIT WITH ME wristband when they feel ready to be a support to others. Before they do, help them reflect on these questions:

- Am I having a good day today – can I be there for others?
- Am I ready to welcome anyone, regardless of age, background, ability or beliefs?
- Do I have time today to be present at recess and lunch for others?

Help them understand that wearing the wristband is a commitment to kindness for that day.

Curriculum Link:

Ethical Understanding – Years 3–6: Recognise ethical concepts and explore the consequences of decisions and actions in social situations.

#### Why parent support matters

When schools and parents work together, the message of inclusion becomes stronger and more effective. Children who see inclusive values reinforced both at home and school are more likely to act with empathy and confidence.

By encouraging conversations about emotions, kindness, and inclusion, you are helping your child build emotional intelligence and resilience, skills that last a lifetime.



#### Resources for parents

- Printable conversation starters for home
- Posters and talking points about kindness
- Videos and stories about inclusion and emotional support
- Available at:  
[www.youcansitwithme.org/resources](http://www.youcansitwithme.org/resources)

## **Final message to Families**

YOU CAN SIT WITH ME is more than a wristband. It's a daily decision to create a community where no child feels invisible or alone.

We thank you for playing a vital role in nurturing that kind of world.

Together, we are raising a generation of inclusive, kind-hearted Australians.



**you can sit with me**