

# YOU CAN SIT WITH ME

5 little words to change  
a little life



## Program for students

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“You Can Sit With Me” is aligned with the Australian National Curriculum (Foundation to Year 6) attainment goals. Relevant curriculum links have been inserted in bold where appropriate. These reflect key learning outcomes in Health and Physical Education (HPE) and Personal and Social Capability, which are the most relevant areas for this program.



### What is YOU CAN SIT WITH ME?

You Can Sit With Me is an anti-bullying initiative and kindness campaign to help strengthen our communities and stamp out bullying.

(Aligned with: HPE – ACPPS019, ACPPS033, ACPPS037: Recognise and demonstrate appropriate ways to include others and develop respectful relationships.)

### Why would someone want to sit with me?

Maybe they are new to your school and don't have anyone to sit with, or maybe they are having a few troubles. By wearing the highly visible YOU CAN SIT WITH ME wristband, they will know you are a person who welcomes them to sit with you – no questions asked.

(Aligned with: Personal and Social Capability – Level 2 & 3: Recognise emotions, understand relationships, and include others.)

By offering a hand of friendship in a time of need, you will change that child's life by allowing them to feel welcome as your friend.



(Aligned with: HPE – ACPPS020, ACPPS034: Practise strategies to include others and contribute to a safe and inclusive environment.)

By wearing the YOU CAN SIT WITH ME wristband, you are also saying to the people in your school, sports club or community that you welcome any child of any age, race, religion, gender or culture to sit with you.

(Aligned with: Civics and Citizenship – ACHASSK071: Understand how rules and values help communities live together respectfully.)

Maybe someday you may be that new person or someone who needs a friend. Look out for a YOU CAN SIT WITH ME wristband and know there is always someone there for you.

(Aligned with: HPE – ACPPS005, ACPPS017: Identify people and actions that help make them feel safe.)

### **What do I say if someone wants to sit with me?**

It is very simple. You simply say “Hi” and tell them your name. Or, if they look distressed, you can ask “Are you ok?”

(Aligned with: Personal and Social Capability – Levels 1–3: Interact with empathy, show respect for others, and demonstrate inclusive behaviour.)

At no point are you to counsel someone or attempt to fix their problems – if you are concerned or the child is very upset, please tell an adult so they can get the help the person needs.

(Aligned with: HPE – ACPPS018, ACPPS035: Identify and practice help-seeking behaviours; understand the role of support networks.)

By simply being a friend and giving a child someone to sit with, you are making a huge difference to that child’s life.

### **How do I get involved?**

If you feel like you would be a good person to wear a YOU CAN SIT WITH ME wristband, let your teacher, community leader, or sports coach know. They will then talk to you and arrange for you to be a YOU CAN SIT WITH ME ambassador. This may not be instant – you may need to go on a list and wait your turn.

(Aligned with: HPE – ACPPS022, ACPPS036: Participate in play and group activities, and discuss roles and responsibilities in community groups.)

What do I do if I decide I don't want to wear the Wristband anymore?

If you decide to wear a YOU CAN SIT WITH ME wristband for the day, you will need to keep it on for the whole day as it is a commitment you have made. You can't simply take it off halfway through the day and decide it is not for you.

(Aligned with: Personal and Social Capability – Level 3: Understand responsibility in social situations and the consequences of actions.)

Before making the decision to wear a wristband, think to yourself:

- Am I having a good day and do I feel strong enough to help others?
- Am I happy for anyone of any race, age, gender or culture to sit with me?
- Am I too busy today to help other people because I have things to do at recess or lunchtime?

There will be days when it doesn't suit you to wear a wristband – and that's OK. You can wear one on another day.

If you decide that you don't want to wear the wristband again at the end of the day, simply let your teacher, community leader, or coach know. If you would like to wear it again another day, then please let them know too.

(Aligned with: HPE – ACPPS038: Reflect on their responsibilities and contributions to group activities.)



**How am I helping other Australians by wearing a YOU CAN SIT WITH ME wristband?**

We have partnered with the Australian Literacy and Numeracy Foundation, and we donate profits to this great cause. The money will be used to further improve the education of our Aboriginal and refugee communities – something we are very excited about and very proud of.

(Aligned with: Civics and Citizenship – ACHASSK072: Explore how people can participate in their community to support diversity and equality.)

If you wear a **YOU CAN SIT WITH ME** wristband, you should be proud too! You are helping change children's lives and strengthening communities.

**YOU CAN SIT WITH ME** – together we can, and we are, changing lives.

(Aligned with: General Capabilities – Personal and Social Capability; Ethical Understanding: Recognise ethical concepts and act with integrity.)



**you can sit with me**