



**you can
sit with me**

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

program. This initiative creates a kinder more inclusive school community by teaching empathy and empowering children to offer a hand of 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 **YOU CAN SIT WITH ME** program at home

1. Use inclusive and respectful language

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

You can model this by saying:

- “We welcome everyone at our school.”
- “It’s important to include people, even if they look or act differently from you.”
- “We are inclusive of all humans.”
- “How would you feel if you were sitting alone?”
- Avoid labels and assumptions. Encourage curiosity and empathy instead of judgement and negativity.



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Curriculum Link:

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

2. Teach your child to recognise their own feelings and ask for help

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

- Ask reflective questions such as :
- “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 intentional 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 someone 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.

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 has been recommended by the Australian Government in the 2025 Anti Bullying Rapid Review as a Tier 1 preventative program to eradicate bullying.



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