

# YOU CAN SIT WITH ME

5 little words to change  
a little life



## You Can Sit With Me Day: High School Pack

A day for kindness, inclusion, and making sure no one stands alone.

**When:** Friday, 5th June 2026.

**What to wear:** A touch of yellow.

**What to do in your classroom:**

Decorate your classroom with posters, balloons and streamers if you like and spread a whole lot of kindness.

**Why we do it:** High school is where belonging gets complicated. Friendship groups solidify, social hierarchies sharpen, and the cost of sitting alone at lunch can feel enormous.



You Can Sit With Me Day asks students to notice the social dynamics they're part of, and to use whatever influence they have, however small, to widen the circle. It's not about forced friendships. It's about awareness, choice, and the quiet power of including someone.

**Fundraising (optional):** Write "You Can Sit With Me" in big chalk letters on the playground and invite students to cover it in gold coins across the day. A simple, visual way to turn kindness into action, and support our work in schools across Australia.

To make your donation please deposit the funds into.

YOU CAN SIT WITH ME account

Account Name: YOU CAN SIT WITH ME

BSB: 112-879

Account Number: 496414791



## How to run the day:



### Activities/resources:

Inside this pack you'll find four ready-to-go classroom activities designed to spark conversation, build empathy and make inclusion feel natural.

### Whole school assembly:

Open the day with a short assembly to set the tone

- *Open honestly:* Acknowledge what the day is about: (You Can Sit With Me Day is a chance for every student to practise one simple, powerful thing: noticing who's left out, and doing something about it).
- *The Data:* Around 1 in 4 Australian students reports being bullied or excluded regularly. Exclusion isn't a small thing, it's one of the strongest predictors of anxiety and disengagement in teenagers.

### Classroom discussion prompts:

Pick one or two for a 15–20 minute discussion in pastoral care, English, PDHPE, or roll call.

### **For Years 7-9:**

- What's the difference between a friendship group and a clique? When does one become the other?
- Why is it sometimes easier to say nothing when you see someone being left out?
- Social media makes inclusion visible in a new way, what does "being left out" look like online vs in person?
- If a new student joined your class tomorrow, what would actually help them feel welcome, beyond someone just saying hi?

### **For Years 10-12:**

- Who gets to decide who belongs in a group? What gives someone that power?
- Have you ever stayed quiet when you should have spoken up? What stopped you?
- Inclusion can feel performative, like posting a black square or wearing a ribbon. What does genuine inclusion look like, and how is it different?
- Think about the kid who sits alone in your year. What do you actually know about them? What assumptions have you made?
- When you leave school, what kind of person do you want to be remembered as by the people who were on the edges of your year group?

# You Can Sit With Me Resources:

## UNSCRAMBLE THE LETTERS!

Unscramble these letters to form a word! Make as many words as you can from these letters but words must include the highlighted letter

o	v	r	o	t	a
c	n	e	s	i	n

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e	r	n	i	n
p	v	e	t	o

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p	h	r	n	d
i	f	e	s	i

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u	v	p	s	i
t	r	o	e	p

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# YOU CAN SIT WITH ME DAY WORD SEARCH

H U M A N I T Y D A B J Y W U  
 N I H G D F O Q I K R A M A N  
 A N A B V Q G W G J D C G R D  
 T C R C J Z F E N O E C E M E  
 K L M R O E T Q I D M E N T R  
 I U O U E M Z K T I P P E H S  
 N S N D P C P P Y V A T R V T  
 D I Y H U P O A J E T A O M A  
 N V I K Q J A G S R H N S S N  
 E I Z V V H Y U N S Y C I S D  
 S T U W E S T I W I I E T U I  
 S Y O N Z T S E D T T O Y P N  
 R A P P O R T C G Y Z I N N G  
 F N H X R U B G Z T D R O R M  
 C O N N E C T I O N G K T N K

- |               |             |             |
|---------------|-------------|-------------|
| Understanding | Inclusivity | Recognition |
| Compassion    | Connection  | Acceptance  |
| Diversity     | Kindness    | Humanity    |
| Generosity    | Harmony     | Rapport     |
| Dignity       | Empathy     | Warmth      |

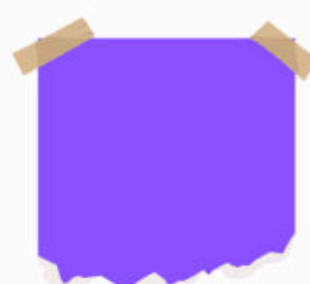
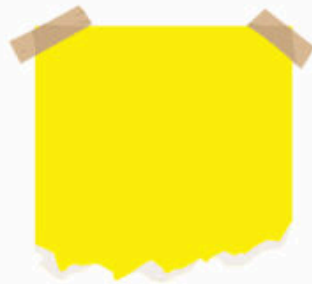


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Years 9-10

# Notes to self

Write down some notes of affirmation for your future self.



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Complete this "Friendship Acrostic Poem"

**F**

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**R**

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**I**

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**D**

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**S**

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**H**

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**I**

\_\_\_\_\_

**P**

\_\_\_\_\_



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Years 11-12

# Acting with Kindness

My favourite five values:


**Journal Entry:** Write a journal entry in response to the guiding questions:

- 1) How might acting with kindness have changed the outcome/response of a scenario you were involved in or witnessed?
- 2) How may this improve the mental health of those who experience generalisation and judgement



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## Final message

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 Australian.

**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.**



**you can sit with me**