

Welcome to

# SIT WITH US

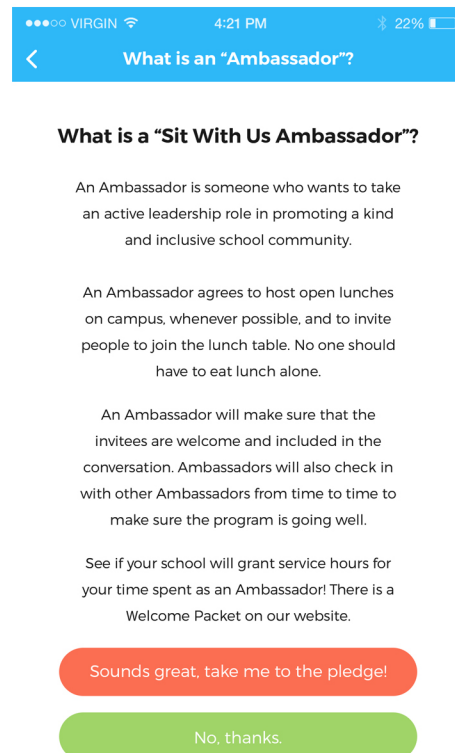
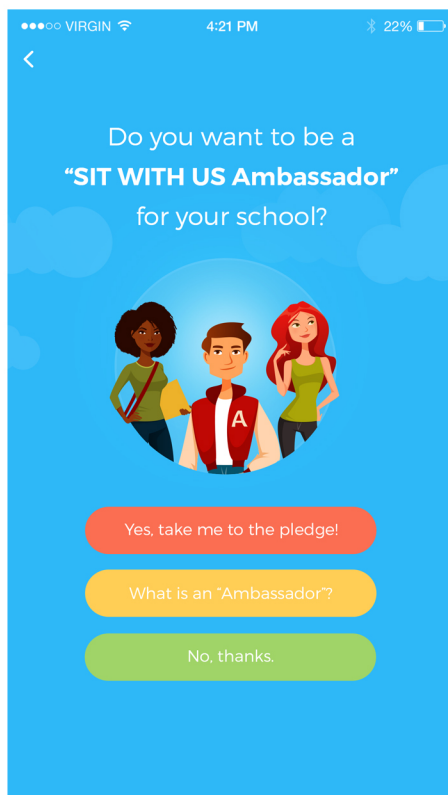
SIT  
WITH  
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The inspiration for this app came from an experience in a hostile school environment. It is not fun to eat alone, and to have other people see you eating alone. By inviting others to join the lunch table, you are promoting a more kind and inclusive community, as well as making new friends.

Remember the line “you can’t sit with us” from *Mean Girls?* Well, this is the opposite of that sentiment.

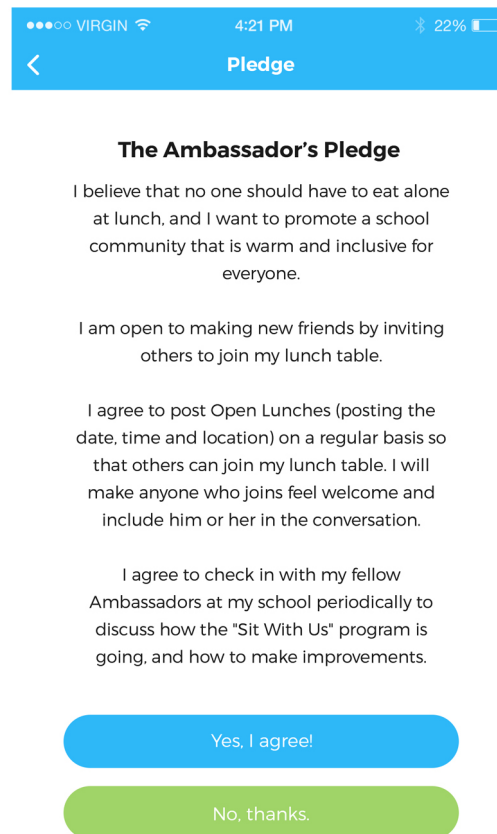
## How to get started:

1. Download the “Sit With Us” app from the Apple store.
2. Set up a user profile and add friends.
3. Consider becoming a ***Sit With Us Ambassador*** -- you could be the **Founder** of a Sit With Us movement at your school!





3. **Pledge.** Agree to the Ambassador’s Pledge and receive a special star on your profile page:



4. Find a Faculty Advisor and form an **Ambassador’s Club**.

a. **Scheduling.** At the first meeting, discuss how Ambassadors should host open lunches from time to time on campus by using the “Featured Events” function and posting the lunch location. We recommend getting out a calendar and having each Ambassador select at least one week where he or she will host a lunch. You could also use a free scheduling platform called Sign Up Genius (<http://www.signupgenius.com>). That way, lunches will be spread out throughout the term, and Sign Up Genius will send automatic reminders to each Ambassador in advance.



b. **Officers.** Elect officers for the club. The President shall oversee the general management of the program and run club meetings. We recommend that you have an officer (or committee) devoted to Outreach, to spread the word at the school and at other schools in the area. You could have a Hospitality officer (or committee) to bake cookies or cupcakes on Sit With Us days. You could also have a Publicity officer (or committee) to post flyers, send emails, etc., and a Planning officer (or committee) to plan events.

c. **Special Days.** To remind people that the app is available, we recommend having a campus-wide Sit With Us day, perhaps twice per school year. You could time them to some official global events, and hand out info:

i. October is **National Bullying Prevention Month (US)**.

ii. **World Day of Bullying Prevention** - first Monday of October, people wear blue shirts (US, <http://www.stompoutbullying.org/index.php/campaigns/blue-shirt-day-world-day-bullying-prevention/>)

iii. **Unity Day: Together Against Bullying** - October 19, people wear orange shirts (US, <http://www.pacer.org/bullying/nbpm/unity-day.asp>)

iv. **GLAAD Spirit Day:** Take a stand against bullying and support LGBTQ youth - October 20, people wear purple shirts (US, <http://www.glaad.org/spiritday>)

v. **World Kindness Day** - November 1

vi. **Anti-Bullying Week** - third week in November (UK, <http://www.anti-bullyingalliance.org.uk/anti-bullying-week/>)

vii. **Universal Children's Day** - November 20 (there is a lot of great info on the rights of the child on this site: <http://www.childrightscampaign.org/events>)

viii. **Random Acts of Kindness Day** - February 17

ix. **Anti-Bullying Day** - fourth Wednesday in February, people wear pink shirts (Canada, <http://pinkshirtday.ca>)



x. **National Day of Action Against Bullying and Violence** - third Friday in March (Australia, <http://www.bullyingnoway.gov.au/national-day/>)

xi. **Pink Shirt Day** - May 20 (New Zealand, <https://www.pinkshirtday.org.nz>)

xii. **Stand Up to Bullying Day** - July 5 (UK, <http://www.standuptobullying.co.uk>)

d. **Discussion Topics.** For lunches hosted by Ambassadors, you may want to consider selecting a topic for discussion, and announcing it as you post in the app. Select something that is on the minds of kids your age, or perhaps the students at your school -- something that will stimulate a healthy debate, perhaps? But as an Ambassador, please make sure you moderate and make sure everyone's voice is heard, and that everyone is respectful. Another idea is to use a box of conversation cards, either made by you, or purchased from Amazon.com.

e. **6 Seconds.** There is a wonderful organization called 6 Seconds that creates curricula for schools to help kids develop their emotional intelligence. One of the tools they offer is a brain profile for youths that will tell you the strengths that you have as a leader (e.g, resilience, focus, imagination, collaboration, etc.) You may be able to convince your school and faculty advisor to purchase the curricula, and then the advisor could work one on one with each Ambassador to help him or her develop those skills even further, and use them for the benefit of the school community. See: <http://www.6seconds.org/tools/sei/profiles/>

f. **Frequency:** Try to have club meetings at least 2-3 times every quarter so that the Ambassadors can discuss how the program is going, how to improve, etc. Perhaps offer a prize to the Ambassador who has the most points on his or her profile in the app (meaning, he or she used it the most!)



g. **Community Service Hours:** See if your school will grant you community service hours for your club since you are working hard to improve your school community.

h. **Official T-shirts & Swag:** You can show off your club status by purchasing merchandise here:  
<http://www.redbubble.com/people/carolynhampton/collections/550397-sit-with-us>

i. **Be Social.** Please follow Sit With Us in social media:

<https://www.facebook.com/sitwithus.io/>  
<https://twitter.com/nobodyeatsalone>  
<https://www.instagram.com/nobodyeatsalone/>

j. **Newsletter.** Sign up for our official newsletter for more ideas, for chances for your club to be featured, and for ways to win official Sit With Us swag!

5. **You can use the app every day!** Connect with friends through the app, even for every day lunches, and have fun!

**The first step to a warmer, more inclusive  
school community CAN  
begin with lunch!**