



**INCLUDE SOMEONE  
 MAKE A DIFFERENCE**

**HOW TO GUIDE**

The INCLUDE SOMEONE campaign is a place for kids and educators—in the classroom or at home—to learn how to make a difference by including everyone.

We're here to make inclusion easy and accessible for everyone with fun ideas and free resources!

*Important note: While “educator” is used throughout the guide, any adult leader, parent, educator, or community member can use these resources with youth.*

All resources are available to download for free, or educators can order an optional printed INCLUDE SOMEONE kit, which includes posters, tips sheets, and stickers for students. Whether you implement the kit in a classroom setting or through distance learning, there are three easy steps for educators to implement the campaign:

- |   |  |
|---|--|
| <p><b>1</b> Get the free INCLUDE SOMEONE resources (order or download) to give students ideas</p> | <p><b>Learning Objective for Students:</b><br/>       Get ideas about how to include someone</p> |
| <p><b>2</b> Encourage students to apply those ideas and include someone</p>                       | <p><b>Learning Objective for Students:</b><br/>       Go include someone!</p>                    |
| <p><b>3</b> Recognize and reward your students' inclusive acts</p>                                | <p><b>Learning Objective for Students:</b><br/>       Share how you included someone</p>         |

Thank you for helping create environments where youth work toward making all kids feel included.

Keep up the amazing work,  
 PACER's National Bullying Prevention Center and  
 Cartoon Network's Stop Bullying: Speak Up



## More about the INCLUDE SOMEONE Resources

### Where can I use the campaign?

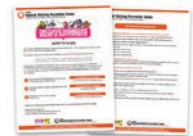
The resources can be used in any setting that engages elementary school students. Other potential settings where these resources can be used include local community centers, youth groups, after-school programs, summer camp programs, and even at home! Because this kit can be used both digitally and printed, it works well in person or in digital settings, such as distance learning or an online youth program.

### Should I order a printed kit or simply download the materials?

That is up to you! If you are physically in the classroom, ordering a printed INCLUDE SOMEONE kit is a great idea as it contains posters, stickers, and tip sheets. For distance learning, the printed kit is still a great option if you can send materials home to your students, or you can download all the campaign materials and provide them to students digitally. Please note that quantities of the printed INCLUDE SOMEONE kits are limited and available at no cost, though shipping and handling charges do apply.

### The printed INCLUDE SOMEONE kit has materials for up to 30 students, including:

**How To Guide:** Overview of the INCLUDE SOMEONE campaign.  
One handout, 8 ½ x 11, 4-pages.



**Student Tip Sheet:** Provide students with ideas about how to include, along with their own checklist. 30 handouts, 8 ½ x 11, double-sided.



**Classroom Posters:** Record and display student acts of inclusion.  
Two posters, 24 x 36.



**Stickers:** Recognize students' acts of inclusion with a colorful sticker.  
60 stickers total, six 8 ½ x 11 sheets with 10 durable peel-off stickers each.



### What other digital resources are available to use with the campaign?

**Inclusion Videos:** Three videos with ideas to help students respond to different inclusion situations.

**Slideshow:** A guide on inclusion that can be shown in the classroom or watched by students at home.





## Instructions For In-Person Learning

**1**

### **Get the free INCLUDE SOMEONE resources to help give students ideas about inclusion**

- a. Order the printed kit with materials for up to 30 students or simply download the resources
- b. Educators can then facilitate students as they view and respond to the following resources:
  - View the slideshow guide on inclusion (digital resource)
  - Watch videos with ideas to help students respond to inclusion situations
    - Video One
    - Video Two
    - Video Three

**2**

### **Encourage your students to include someone!**

Provide each student with a printed copy of the tip sheet, which features individualized ideas on how to include, along with an individualized checklist. Printed kit contains 30 tip sheets.

**3**

### **Recognize and reward your students' inclusive acts**

- a. Share inclusive acts on the campaign poster with the following options:
  - Printed kit: Display the posters in a common space in your classroom and have students write their inclusive acts in the bubbles. Printed kit contains 2 posters.
  - Digital kit: Download the digital flyer and print it out on an 8 ½ x 11 page with fill-in-the-bubbles. If you would like extra posters to either distribute to students individually or to allow students to fill in multiple bubbles, this is a great option!
- b. Give each student a certificate or sticker to celebrate their inclusive acts
  - Printed kit: After students write their inclusive act in the bubble, give them a sticker. Printed kit contains 60 stickers.
  - Digital kit: Download the certificate and fill in with the student's name to celebrate their inclusive acts.





## Instructions For Distance Learning

**1**

### **Get the free INCLUDE SOMEONE resources to help give students ideas about inclusion**

a. Decide if you would like to use the printed kit (for up to 30 students), the digital kit (downloadable), or a combination of both. The printed kit is still a great option if you can send materials home to your students.

b. Educators can then facilitate students as they view and respond to the following resources. This can either be done via your preferred video classroom platform or software (by sharing your screen and having a “virtual” classroom discussion) or viewed by the students at home on their own time.

- View the slideshow guide on inclusion (digital resource)
- Watch videos with ideas to help students respond to inclusion situations
  - Video One
  - Video Two
  - Video Three

**2**

### **Encourage your students to include someone!**

Provide each student with a print or downloaded copy of the tip sheet, which features individualized ideas on how to include, along with an individualized checklist.

- Digital kit: Download the interactive tip sheet for students to complete individually

**3**

### **Recognize and reward your students' inclusive acts**

a. Share inclusive acts on the campaign poster with the following options:

- Digital kit: Download the digital flyer with interactive bubbles. Have students send you their ideas, fill in the interactive bubbles with those ideas, and then share the completed product on your distance learning platform.

b. Give each student a certificate or sticker to celebrate their inclusive acts.

- Digital kit: Download the certificate, fill in your students' names, and then send to them

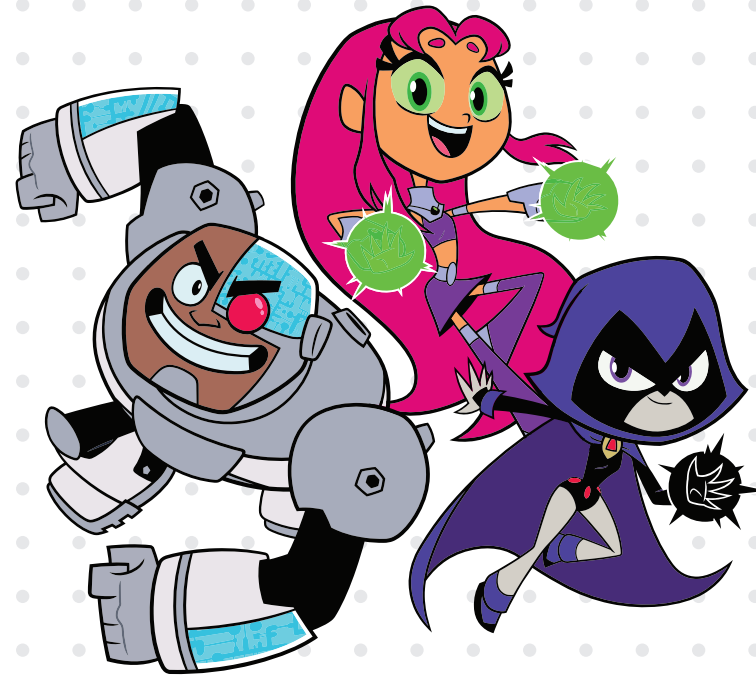




**PRACTICE INCLUSION  
MAKE A DIFFERENCE**

## A GUIDE ON INCLUSION

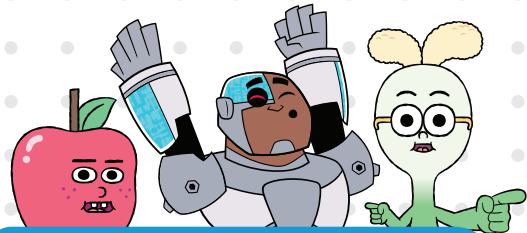




Let's talk about what it means to include!



# Let's talk about what it means to include!



## WHAT IS INCLUSION?



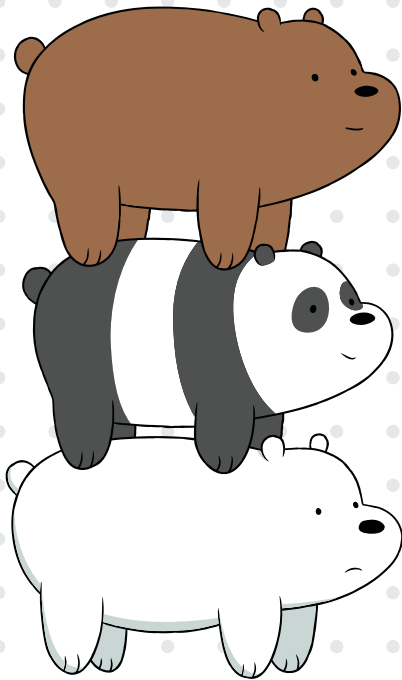
Inviting and involving others so that everyone feels welcomed, valued, and supported.

According to Webster's English Dictionary, **INCLUDE** is to make someone part of a whole.

We include everyone and celebrate diversity to strengthen our community.



## Let's talk about what it means to include!



To include someone is to bring them **IN** so that they feel like they are a part of something. It could be as simple as a conversation, engaging in an activity together, or asking them to participate in a group.

When someone is included, it helps them feel respected, valued for who they are, and like they belong.

When you practice inclusion you learn and grow while strengthening your community.





# Let's talk about what it means to include!



Include: The **IN** matters! To be inclusive, means to:

**IN**VOLVE

**IN**TRODUCE

**IN**TERACT

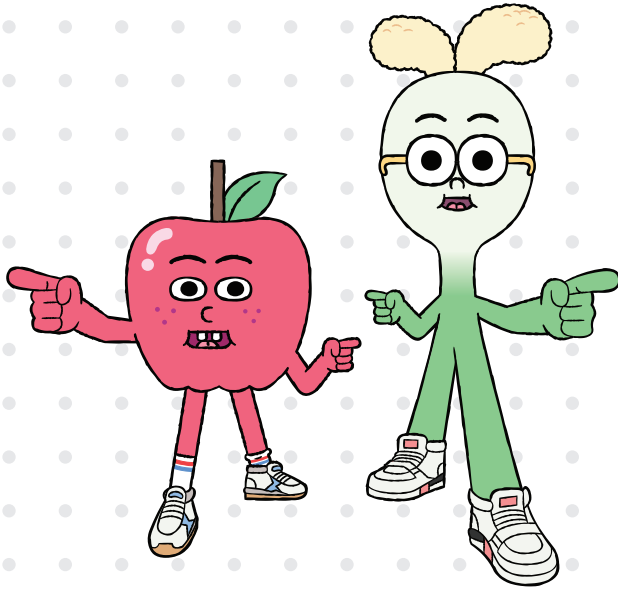
**IN**VITE

**IN**TEREST

**IN**SPIRE



# Let's talk about what it means to include!



## IN words all add up to being inclusive!

- **IN**troduce yourself to others!
- **IN**volve others in your conversations!
- **IN**vite others to play!
- Tell someone why they are **IN**spiring!
- Show **IN**terest in learning about experiences different from yours.





Let's think about ways to be inclusive!



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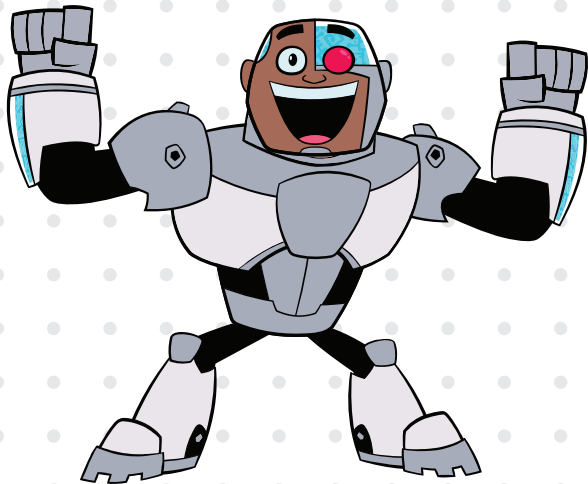


## 1. INclude everyone all the time!

- **Be patient**, each of us does something in a different way
- **Tell someone** why they're important to you
- **Compliment someone** for doing their best
- **Learn something new** about someone, and celebrate difference and diversity



# Let's think about ways to be inclusive!

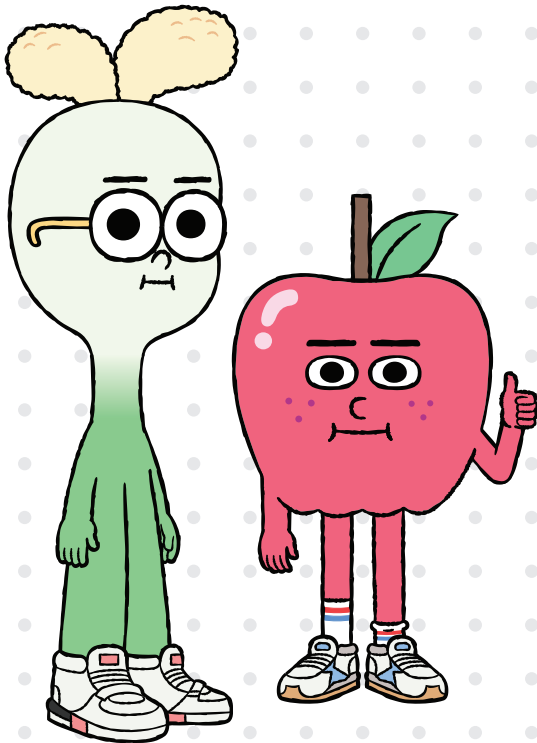


## 2. INclude everyone at school!

- **Say "good morning"** to someone who you don't know
- **Notice when someone is alone** and invite them to join you
- **Read books** to learn about different ways of being and thinking
- **Invite someone** you may not know well to join your crew
- **Create inclusion posters** that celebrate differences or diversity
- **Share notes** with positive messages



## Let's think about ways to be inclusive!



### 3. INclude everyone while at home and in your community!

- **Make signs** with inclusion messages for your window, driveway, or yard
- **Set up a play date** with someone new
- **Host a virtual game night** for friends and neighbors
- **Create opportunities** to learn about and with diverse students





Let's discuss ideas to include!



# Let's discuss ideas to include!



- 1 What does it mean to include someone?
- 2 Why is it important to ensure everyone feels included?
- 3 How does it make you feel when you practice inclusion?





# YOU CAN MAKE A DIFFERENCE.

## INCLUDE SOMEONE TODAY!



PACER's National Bullying Prevention Center and Cartoon Network's Stop Bullying: Speak Up have partnered to inspire kids across the nation to make a difference by including someone. Visit [www.IncludeSomeone.com](http://www.IncludeSomeone.com)





# INCLUDE SOMEONE MAKE A DIFFERENCE

## What is Inclusion?

Inviting and involving others so that everyone feels welcomed, valued, and supported.

The IN is important! To include someone means to:

**INTRODUCE YOURSELF  
TO OTHERS!**

**INVITE  
OTHERS  
TO PLAY!**

**TELL SOMEONE WHY  
THEY ARE **INSPIRING!****

**INVOLVE OTHERS IN  
YOUR CONVERSATIONS!**

**SHOW **INTEREST** IN LEARNING  
ABOUT EXPERIENCES  
DIFFERENT FROM YOURS.**

## Reflection Questions: draw or write your response

What does it mean to include someone?

Why is it important to ensure everyone feels included?

How does it make you feel when you practice inclusion?

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**PACER's  
National Bullying Prevention Center.**

Together We Can Create a World Without Bullying | [PACER.org/Bullying](http://PACER.org/Bullying)

# How will you include others?

Check off the ideas you want to try. If you need help, ask a parent or teacher.

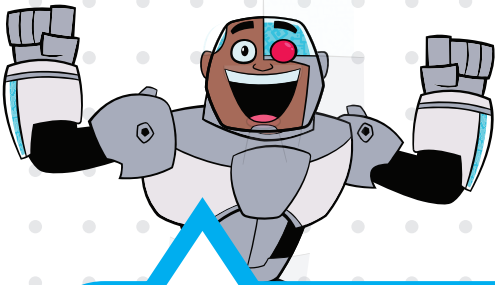
## Include everyone all the time!

- Be patient**, each of us does something in a different way
- Tell someone** why they're important to you
- Compliment someone** for doing their best
- Learn something new** about someone, and celebrate difference and diversity



## Include everyone at school!

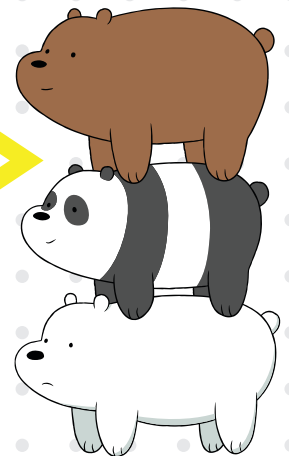
- Say "good morning"** to someone who you don't know
- Notice when someone is alone** and invite them to join you
- Read books** to learn about different ways of being and thinking
- Invite someone** you may not know well to join your crew
- Create inclusion posters** that celebrate differences or diversity
- Share notes** with positive messages



## Include everyone while at home and in your community!

- Make signs** with inclusion messages for your window, driveway, or yard
- Create opportunities** to learn about and with diverse students
- Set up a play date** with someone new
- Host a virtual game night** for friends and neighbors

Draw or write your ideas to include someone.



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# HOW ARE YOU INCLUDING OTHERS?

10 empty speech bubble shapes in various colors (pink, blue, yellow) for writing responses.





**CONGRATULATIONS!**

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**For making a difference by practicing  
inclusion and celebrating diversity.**

