



"MY 17"

Today is your day to be heard. We are inviting you to participate in 17 minutes of quiet reflection on how we can make our schools safer. Everyday schools combat bullying, harassment and violence. What can we do better? If you were in charge, what would you change? In honor of the 17 students and teachers who lost their lives during the most recent school shooting in Florida, we will be giving you the opportunity to be heard. How will you spend Your 17?

1. Complete the Safety and Violence Questionnaire – This questionnaire asks for your ideas about school violence and school safety. 17 minutes to make your school a safer place to learn.
2. Complete a See Something, Say Something Poster – Use 17 minutes to start a poster encouraging your peers to Say Something when they See Something. Combat bullying and harassment or school violence! Three posters from each school will be chosen to be the kick-off posters for your school's anti-violence campaign.
3. Begin a song, essay, or poem titled "Safer." Include your experiences and ideas for change on the topics of bullying, harassment, or violence. Three will be chosen from each school to be presented and posted on our website.

TO COMPLETE THE SAFETY QUESTIONNAIRE
AND FOR INFORMATION ON POSTER AND
ESSAY SUBMISSIONS GO TO
WWW.NHCS.NET

WHEN

March 14, 2018
10am-10:20am
(Times may vary by school)

DON'T LIKE THOSE IDEAS?



Try some of these later today:

4. Smile at 17 strangers today.
5. Invite a new person to have lunch with you.
6. Surprise someone with a random act of kindness.
7. Hold the door for someone.
8. Say hello to someone you don't know.
9. Spend 17 minutes journaling positive thoughts.
10. Say thank you to each of your teachers today.
11. Write a small note of thanks to someone who has done you a favor.
12. Intentionally say something kind to someone you don't usually talk with.
13. Speak up for someone others aren't being kind to at school.
14. Give your parents/guardians a hug when you get home from school.
15. Tell someone how much they mean to you.
16. Go the rest of the day without complaining or saying anything negative.
17. Send a happy emoji to 17 friends.