

BALLAST POINT



START WITH HELLO



SEPTEMBER 15-19, 2025

WHAT IS START WITH HELLO WEEK?

A national annual event dedicated to making new social connections and creating a sense of belonging among youth. It teaches students how to look for the signs of social isolation and increase inclusivity with their classmates.

15

Monday

MEET-N-GREET MONDAY

Meet someone new and send a Hello-Gram to a peer!

16

Tuesday

TRUSTED ADULT TUESDAY

Give gratitude and thank a Trusted Adult in your school or in the community.

17

Wednesday

UPSTANDER WEDNESDAY

Recognize Upstanders who take action to build a safer, more inclusive community.

18

Thursday

THOUGHTFUL THURSDAY

Get to know each other better through Start with Hello Bingo!

19

Friday

GREEN TEAM FRIDAY

Wear green as a symbol of unity, inclusivity, and solidarity with Sandy Hook Promise.



<https://www.sandyhookpromise.org>