

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!

INVOLVE OTHERS IN YOUR CONVERSATIONS!

INVITE OTHERS TO PLAY! TELL SOMEONE WHY THEY ARE INSPIRING!

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?

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.**





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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