

LET SOMEONE GO AHEAD OF YOU IN LINE	HOLD THE DOOR FOR SOMEONE	HELP RESOLVE A CONFLICT BETWEEN PEERS	INVITE SOMEONE NEW TO JOIN YOUR LUNCH TABLE OR GROUP	THANK THE CAFETERIA STAFF
SAY HELLO TO SOMEONE YOU DON'T USUALLY TALK TO	THANK A TEACHER OR COACH FOR THEIR SUPPORT	ENCOURAGE SOMEONE WHO IS TRYING SOMETHING NEW	INVITE SOMEONE NEW TO SIT WITH YOU AT LUNCH	STAND UP FOR SOMEONE BEING LEFT OUT OR TEASED
GIVE SOMEONE A COMPLIMENT	TUTOR OR MENTOR A YOUNGER STUDENT	KINDNESS BINGO <i>FREE SPACE</i>	OFFER TO SIT WITH SOMEONE WHO LOOKS ALONE	VOLUNTEER FOR A TASK
PICK UP LITTER ON CAMPUS WITHOUT BEING ASKED	TEXT OR MESSAGE A FRIEND SOMETHING ENCOURAGING	HELP CARRY BOOKS OR SUPPLIES FOR SOMEONE	TAKE A FEW MINUTES TO CHECK IN ON YOUR MENTAL HEALTH	BE AN UPSTANDER
SHARE YOUR SUPPLIES WITH A CLASSMATE	LISTEN ACTIVELY WITHOUT	ENCOURAGE SOMEONE WHO IS STRUGGLING	ANY ACT OF KINDNESS	WRITE A KIND STICKY NOTE AND LEAVE IT SOMEWHERE FOR SOMEONE TO FIND



TEEN SAFETY MATTERS

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