

script

we belong week script

Use this script to make announcements to promote We Belong Week at your school or community center. Feel free to read from it directly or use it as a guide and make adaptations as you see fit! You can shorten or change language as needed based on your school's guidelines.

monday

Happy Monday y'all/folks/school mascot, it's the first day of We Belong Week! My name is [your name] and I'm [insert your role in school/grade]. I'm here to talk to you about We Belong Week, because [insert why you have chosen to implement We Belong Week at your school.] Every day this week, we'll take some time to learn about belongingness and how we can make our school community a more inclusive & connected place where everyone can feel like they belong.

But what does it mean to belong? Belongingness means that we feel like an important part of something, feel included, and feel connected to others. A sense of belonging is SO important for our overall well-being, and has even been shown to improve our physical and mental health. When we feel we have support, we are more resilient and can cope more effectively during difficult times. Without belonging, we wouldn't have friends, families, or communities, which would be a lonely and isolating way to live.

Feeling connected to others is one of the best ways to protect your mental health! So today, we ask you all to personally reflect on the following by discussing it in class, with friends, or just writing down your responses:

- What does it feel like to be "othered" or to feel like you don't belong?
- When you think of a time when you felt like you didn't belong, what do you wish someone had said or done?
- If you need support or want to talk to someone while reflecting on this, visit our counseling office or text "Mind" to 741741 for 24/7 mental health support from Crisis Text Line.

And for the rest of this week, you can look forward to:

- A suggestion box for increasing belonging here on Tuesday
- Speed-Friending at lunch on Wednesday
- Friendship bracelet making on Thursday
- Belonging poster & commitments on Friday

And we'll leave you with this quote from John A. Powell:

- "Belonging is about recognizing the deep, profound connection we have with one another, the earth, and all living creatures."

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tuesday

It's the second day of our We Belong Week! Did you know that recent studies have shown that a sense of belonging is as important to our survival as food and shelter? That's pretty important!

Today, you'll see that there's a suggestion box located at **[insert location]**. You'll see two different prompts near the box:

- "What do you need to feel like you belong?"
- "What can you do to make others feel like they belong?"

Grab one of each and write down your thoughts! We will be reading these to help us determine what our community's commitment to belonging will be. It will take all of us participating to create the culture we want to see in our school, and we will be coming together as a community on Friday to sign our names to the commitment created from YOUR thoughts. We can't wait to read your suggestions!

wednesday

Today marks the halfway point of our We Belong Week, and to celebrate, we'll be encouraging new and deeper connections amongst everyone during lunch periods. Connection is the first step toward belonging, but they're not exactly the same thing. More than just being acquaintances, belonging is all about being seen, accepted, and supported by others and doing the same for them. This can lead to higher self-worth, self-esteem, and overall confidence.

During each lunch period in the cafeteria or **[add alternative location]**, someone will be facilitating a Speed Friending activity where you'll have the opportunity to get to know new folks and your current friends even better.

We'll see you there!

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thursday

Today's action for We Belong Week is all about making an effort. Making new friends and being vulnerable with old friends can be hard and awkward at first, but building those connections is necessary! Remember, social connection is the number one protective factor against depression.

So, to make new connections a little less intimidating and way more fun, we're breaking the ice for you with friendship bracelets! Check out the bracelet-making station in the **[location]** and make some colorful, kind, and creative bracelets. You can give these to whoever you'd like, but we encourage you to give at least one friendship bracelet to someone you don't know very well, are just getting to know, or would like to get to know better (maybe someone you met during Speed Friending)!

(OPTIONAL): And contrary to what Taylor Swift says, you're actually not on your own, kid, so make the friendship bracelets!

friday

We hope you've been able to discover lots of reasons why you belong this week! It's Friday, and that means we're going to be making our commitments to what belongingness looks like at **[enter school or community name]** from here on out. Feeling safe, welcome, and like you matter in a community is one of the best ways to improve individual mental health AND our collective well-being. So check out the We Belong posters at **[location and time]** and sign your name to show your commitment to making our community one where EVERYONE belongs!

Once you sign, you can also get a sticker or button to put on your water bottle, bag, or notebook ☺

And remember, true belonging means being yourself. You are accepted and loved as you are, and we leave you with this quote from Jay Shetty:

"Instead of looking for reasons why you don't belong, look for reasons why you do."