



**PRACTICE INCLUSION  
MAKE A DIFFERENCE**

## **A GUIDE ON INCLUSION**





Let's talk about what it means to include!



# Let's talk about what it means to include!



## WHAT IS INCLUSION?

Inviting and involving others so that everyone feels welcomed, valued, and supported.

According to Webster's English Dictionary, **INCLUDE** is to make someone part of a whole.

We include everyone and celebrate diversity to strengthen our community.



## Let's talk about what it means to include!



To include someone is to bring them **IN** so that they feel like they are a part of something. It could be as simple as a conversation, engaging in an activity together, or asking them to participate in a group.

When someone is included, it helps them feel respected, valued for who they are, and like they belong.

When you practice inclusion you learn and grow while strengthening your community.



# Let's talk about what it means to include!



Include: The **IN** matters! To be inclusive, means to:

**IN**VOLVE

**IN**TRODUCE

**IN**TERACT

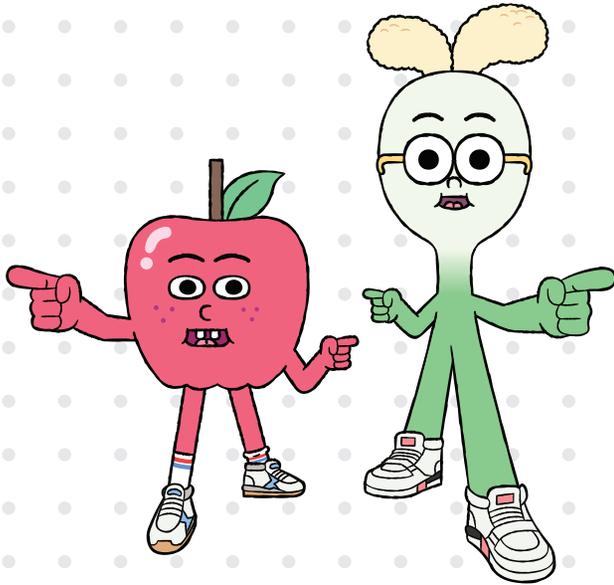
**IN**VITE

**IN**TEREST

**IN**SPIRE



# Let's talk about what it means to include!



## IN words all add up to being inclusive!

- **IN**troduce yourself to others!
- **IN**volve others in your conversations!
- **IN**vite others to play!
- Tell someone why they are **IN**spiring!
- Show **IN**terest in learning about experiences different from yours.





Let's think about ways to be inclusive!



# Let's think about ways to be inclusive!

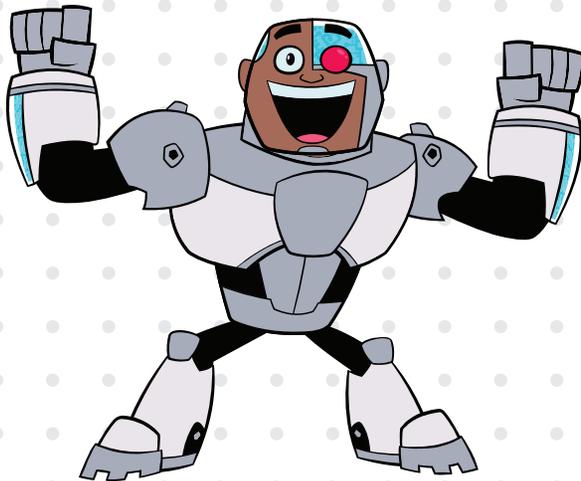


## 1. INclude everyone all the time!

- **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



# Let's think about ways to be inclusive!

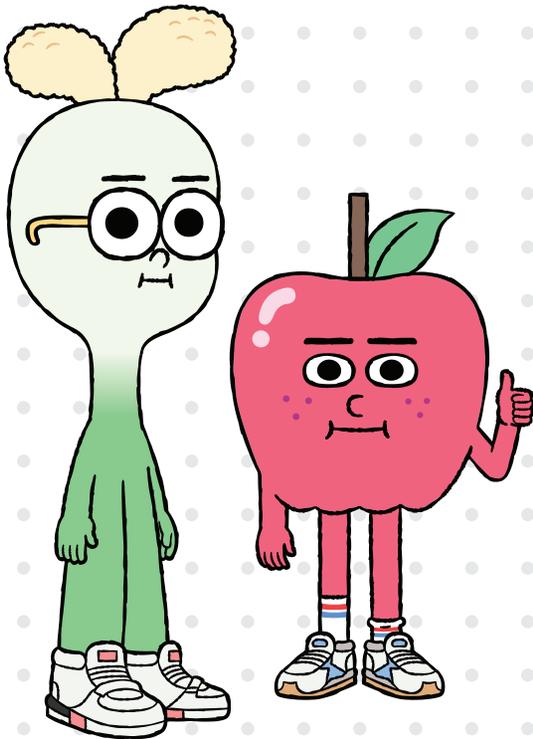


## 2. INclude everyone at school!

- **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



## Let's think about ways to be inclusive!



### 3. INclude everyone while at home and in your community!

- **Make signs** with inclusion messages for your window, driveway, or yard
- **Set up a play date** with someone new
- **Host a virtual game night** for friends and neighbors
- **Create opportunities** to learn about and with diverse students





Let's discuss ideas to include!



## Let's discuss ideas to include!



- 1 What does it mean to include someone?
- 2 Why is it important to ensure everyone feels included?
- 3 How does it make you feel when you practice inclusion?



# YOU CAN MAKE A DIFFERENCE.

## INCLUDE SOMEONE TODAY!



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](http://www.IncludeSomeone.com)

