



# INCLUDE SOMEONE

## A GUIDE ON INCLUSION

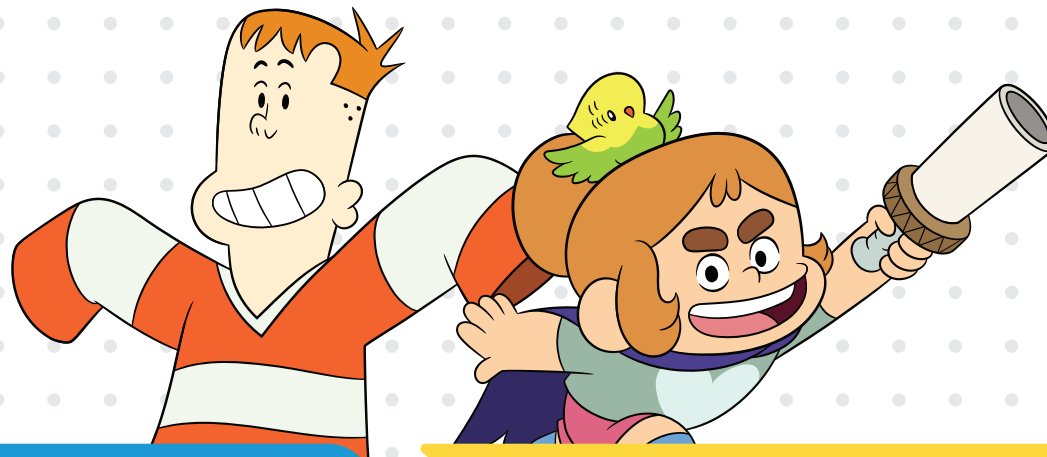


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Let's talk about what it means to include!

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## WHAT IS INCLUSION?

The act of inviting and involving others so that they are welcomed, valued, and supported.

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

## 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.

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



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

**IN**VOLVE

**IN**FLUENCE

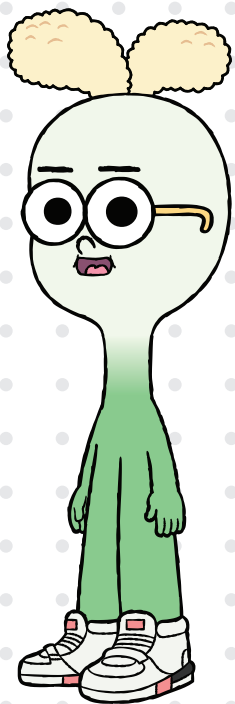
**IN**TERACT

**IN**VITE

**IN**TEREST

**IN**SPIRE

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



## IN words all add up to being inclusive!

- **IN**viting others in so they don't feel alone,
- Making someone new feel **IN**volved in your school,
- Being **IN**vested in the feelings of someone else so they feel like they belong, and
- Having meaningful **IN**teractions that make others feel respected.



Let's think about ways to include!

## Let's think about ways to include!



**1. INvite others to join your crew:** This act is all about bringing someone **IN** and helping them feel like they belong.

Not sure who or how to invite? This could be asking someone new to join you and your friends during free hour, lunch, class activities, or even your after-school club. It could be letting someone who is all alone know that you would like them to be your partner during gym class. Another way to be welcoming is to leave seats next to you open at lunch, so that your table feels open for those who might want a place to sit with others.



## Let's think about ways to include!



### 2. **Interact by holding the door for someone:**

Holding the door gives the opportunity to connect face-to-face with someone. You're putting in the effort to acknowledge someone and physically welcoming them **IN** to an environment.

Along with holding the door, take it up a step by saying hi, telling the person your name, and asking them their name. Try to remember it for the next time you see them. These actions—both holding the door and acknowledging them—can help someone feel welcomed.

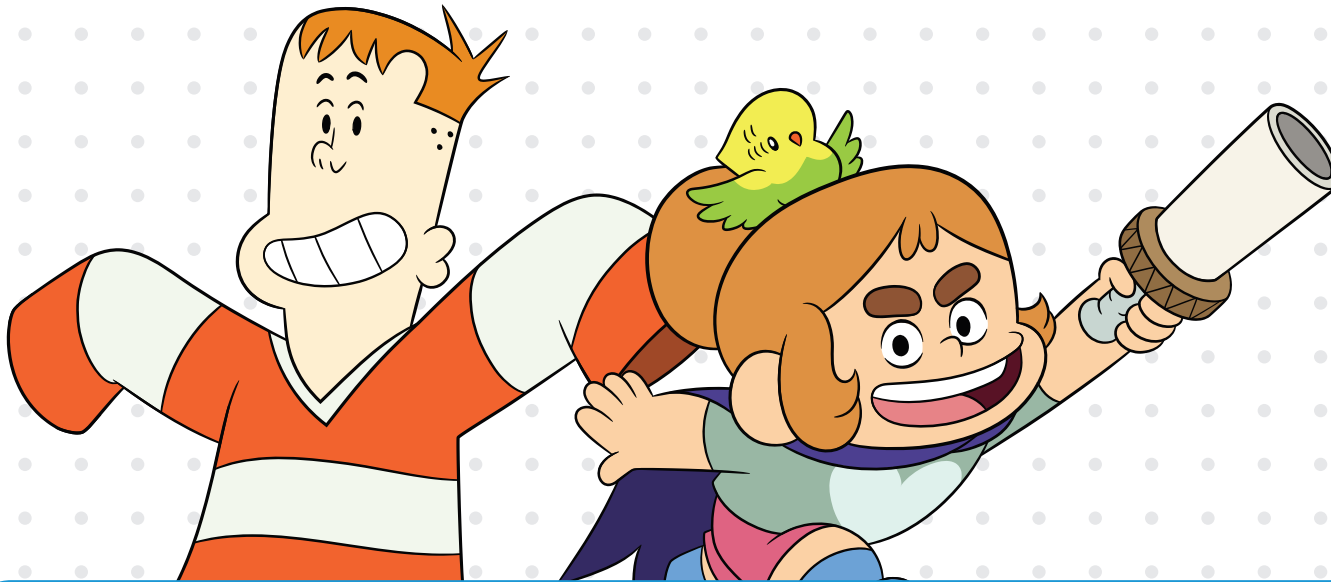
## Let's think about ways to include!



### **3. Show INterest by giving someone a sincere compliment:**

Think about something awesome this person has done, like how they presented their science project or how they helped another classmate with a project. Show them that you're interested in how their contributions create a better school, community, or online environment.

Other ideas for a sincere compliment can be, "You have the best laugh" or, "You have great ideas." Then, close it out with a fist bump or high five and say, "Just wanted you to know that I noticed." This shows someone that they are valued, which is a key aspect of inclusion.



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 include those that might be left out?
- 3 What other ideas do you have about how to include someone?
- 4 How does it make you feel when you include someone?

**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) for more resources and to enter for a chance to win an Inclusion Storytelling event for your school.*



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