

## **What Students Can Do To Create Positive and Safe School Environments**

*adapted from the Oregon Association of Student Councils*

Students can make their schools safer and more inclusive by working with their peers, teachers, administrators, and community members. A positive and safe environment allows all students to learn, grow and thrive together. There is no single answer, action or policy - it requires everyone coming together, listening, caring, and taking a variety of steps to create change.

### **Within Your School and Community:**

- Plan a solid color day to promote solidarity
- Create a “We dine together” club to focus on building relationships at lunch.  
[www.wedinetgether.org](http://www.wedinetgether.org)
- Speak up about issues going on at your school. See something. Say something.
- Create a competition to see who can meet and learn the names of the most students in your school or grade.
- Start a peer counseling program or after school support program at your school.
- Organize unity, kindness, and bullying prevention assemblies for your school and your feeder schools.
- Plan stress relief events during high-stress times. Try therapy dog teams, stress relief rooms, bubble wrap, etc.
- Organize and host a Mental Health First Aid Training Day

### **In Your Home:**

- Plan a night once a week with family or friends to eat, play games, and connect. Stack your phones to keep distractions out of the conversation.
- Have proactive discussions about mental health
- Do you know your neighbors? Organize a neighborhood Potluck, BBQ or mix and mingle

### **On Your Phone/Social Media:**

- Check facts before you repost or spread information.
- Keep all posts positive and productive. Always report negative or harmful posts.  
#ICANHELP #IWILLHELP #IDIDHELP [www.icandeleternegativity.org](http://www.icandeleternegativity.org)
- Start a positive hashtag movement to show support for unity, safety, kindness, and student voice. #ActServeLead
- Post pictures of positive things you’re doing at your school to change negative stereotypes.
- Create a family, neighborhood, and friends phone tree or group text in case of emergency.
- Set personal boundaries to make sure you have balance between “real life” and “digital” connections.

**At the State Level:**

- Volunteer for movements that you personally support.
- Pre-register to vote when you are 16
- Attend conferences and camps to network and share with other student leaders.

“One person can make a difference and everyone should try.”

~John F. Kennedy