

- L** Listen actively, take note of interactions and pay attention to nonverbal cues, which make up most of our daily communication. “Listen to hear” instead of listening to speak!
- U** Understand that students may be reluctant to tell you they are being harassed or bullied. Watch for indirect signs that things are not going well: stomach aches, headaches, irritability, social withdrawal, a sudden change in behavior.
- N** No one eats alone. Make a commitment to Lunchroom Chat tables or brainstorm how your school can ensure that everyone has a lunchtime pal.
- C** Champion respect for everyone in your school. You can be an upstander simply by being a student role model inside and out of the Cafeteria.
- H** Have conversations that promote respect and value all members of your community.
- T** Trusted adults can help! Don’t be afraid to talk to your teacher, especially when you’re looking for solutions.
- I** Identify student leaders who can be classroom and cafeteria allies for students experiencing a challenging time.
- M** Make your goals public with a social vision statement. Let it be known that your entire school community is committed to and accountable for promoting inclusivity at lunchtime.
- E** Empathy is powerful - take time to put yourself in another’s shoes and let them know they are not alone.
- T** Track all the times you intervene on behalf of another classmate and challenge your friends (and yourself!) to a friendly game of No Bully Bingo.
- I** Improve your communal space by brainstorming ways to make your cafeteria welcoming of everyone.
- P** Promote random acts of kindness. Share your snack today, give a compliment, or surprise someone with a thoughtful note.
- S** Stand by your friends and peers, listen and honor confidentiality (e.g. “whatever we say stays in this room”), EXCEPT if you or someone is going to harm yourself/themselves, someone else, or someone is harming you/them.