



## OUR MISSION

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#icanhelp seeks to create a positive and safe environment on social media for tweens, teens, and adults. We exist to raise awareness of the effects of negative and harmful uses of social media. We seek to foster an online environment in which each social media user can become a "Positive Warrior."

## OUR STORY

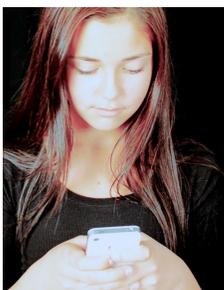
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Inspired by a concerned student after a fake, scathing Facebook page was created for a local teacher, Excelsior Middle School leadership teacher Kim Karr co-founded #icanhelp. Kim realized that students wanted to do something about all the bullying and negativity on social media sites, they just needed the tools to do it. The #icanhelp message is clear- one person has the power to make a difference and delete negativity in their lives and online. Through assemblies, presentations, social media and student leadership trainings, Kim gives students the power to control the influences in their lives. Kim has traveled all over California speaking to middle and high schools rallying "Positive Warriors," who are ready to step in online and combat negativity.

## WHY #iCANHELP

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Social media issues spill over onto school campuses and affect the learning environment on a daily basis. Faculty and staff don't have the resources to deal with problems that are happening off school grounds. Empowering students to effectively deal with conflict, harassment, and negativity is the key to limiting the impact of these events in the learning environment. Implementing the #icanhelp campaign on your campus gives students these tools.



## #iCANHELP STEPS

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-  **Post only positive messages**
-  **Respectfully comment, then report anything inappropriate**
-  **Block inappropriate people**
-  **Inform students & adults about #icanhelp**
-  **Stop negative talk w/positive**
-  **Follow #iCANHELP online**

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 [www.icanhelpdeletenegativity.org](http://www.icanhelpdeletenegativity.org)

## HOW TO IMPLEMENT #iCANHELP

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### ***Five ways to implement #icanhelp:***

1. Book an #icanhelp Crew Member to do an assembly, presentation, or leadership training at your school.
2. Access an online Prezi, and YOU present.
3. Book an event for your league conference schools. Empower all the local students in your area!
4. Request the full curriculum. YOU implement!

*For all of the above options, e-mail*

**[icanhelpdeletenegativity@gmail.com](mailto:icanhelpdeletenegativity@gmail.com)**

5. Use the free online resources on our website.  
**[www.icanhelpdeletenegativity.org](http://www.icanhelpdeletenegativity.org)**

**Start building a team of  
Positive Warriors  
on your campus now!**



# So you want to implement #iCANHELP at your school.

## NOW what???

- 1** Come up with a team of 5-10 designated Positive Warriors, and designate one advisor. Have the Positive Warriors, and advisor text "@icanhelp1" to 517-618-9998. Text message will be sent out to members to help to take down negative sites and for information on #iCANHELP contests. Text "unsubscribe" to opt out at anytime. Have students of varying grade levels involved, and have a plan in place for when people graduate and leave the school.
- 2** Start {Your School Name} iCANHELP pages on Facebook, Instagram and Twitter. Post pictures of school events, shoutouts to students/staff who are making a difference, motivational stories in the news, positive quotes, or any other stories or posts that are in the theme of #iCANHELP. Have a few different students who can post on each of these sites, with an advisor to oversee.
- 3** Start an #iCANHELP club at your school. Create a constitution, elect officers, and plan meetings & events. Events can include a quarterly Kindness Week, give-back events in the community, creating videos, talking about issues at school, and creating an action plan.
- 4** Use #iCANHELP positive quotes/positive challenges in your morning announcements. Make each day a different #iCANHELP theme– Moral Monday, Tag-Someone Tuesday, Wednesday Help Day, Throwback Thursday, Friday Fun Day and provide quotes, stories or commentary based on these themes during the announcements.
- 5** Incorporate an #iCANHELP lesson weekly into your schools' curriculum. Example– do one "YouTube Lesson", "10 Minute Lesson", or "Write & Share" topic each week.
- 6** Once a month do a school-wide #iCANHELP activity to keep the positive movement going. Use the "20 #iCANHELP Activities to do at School," or go to the #iCANHELP social media sites for ideas.

**Start building a team of  
Positive Warriors  
on your campus now!**

### Remember to Follow the #iCANHELP Steps

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- \* Respectfully comment, then report anything inappropriate
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- \* Stop negative talk w/positive
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# 20

# #iCANHELP ACTIVITIES

to do at

# S C H O O L

- 1 Make a "Compliment Wall" with post-it notes.
- 2 Start a school Instagram page. Post pictures of school sporting events, assemblies, field trips, classroom projects, or other positive school related posts.
- 3 Hang inspirational posters around school.
- 4 Hold a "Kindness Week," where every day is a different theme.
- 5 Do a "High-Five Highway-" line up a bunch of people, and as everyone comes into lunch or school give high-fives.
- 6 E-mail the staff positive pictures.
- 7 Cut out smiley faces and have people write things that make them happy on them. Post.
- 8 "Happy Place Wall." Post a picture or description of your happiest place on earth.
- 9 "Coolest Person on Campus" Submit a picture of someone on campus. Prize to whoever can find and bring them to the leadership room first.
- 10 Interview one person you don't know. Write the person's name and one interesting fact about the person you interviewed. Post.
- 11 Hang inspirational quotes around campus—pick one for announcements each morning.
- 12 Hold a positive video or photo challenge.
- 13 Tape positive messages on the lunch trays or on lockers.
- 14 Make a "What Makes You Happy" wall.
- 15 Have a random act of kindness taped under each desk. The person who sits there has to do it.
- 16 Give a Compliment-Take a Compliment.
- 17 Have everyone write a "love letter" to someone else. Fill up a bin, then at the end of the week pass out.
- 18 Get t-shirts, divide into teams and have each team try to get as many "celebrity" (student) autographs on their t-shirt. Prize for team with the most signatures and for everyone who signed the winning shirt.
- 19 Give out random positive messages.
- 20 Bring in a picture of someone who inspires you and write why. Post pictures and reasons.

**For more ideas, follow us on:**



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# Announcement Quotes

“The least amount of judging we can do, the better off we are..”

~Michael J. Fox

“Every day may not be good, but there is always something good in every day.”

~Unknown

“Actions speak louder than words. We can apologize over and over, but if our actions don't change... the words become meaningless.”

~Unknown

“Conflict cannot survive without your participation .”

~Wayne Dyer

“Believing in yourself is the first secret to success .”

~Unknown

“Sometimes walking away has nothing to do with weakness and everything to do with strength. We walk away not because we want others to realize our worth and value, but because we finally realize our own.”

~Robert Tew

“Don't let yesterday use up too much of today.”

~Will Rogers

“There is a difference between giving up and knowing when you've had enough .”

~Robert Tew

“I'd rather live life accepting who I am and loving it, knowing that I am not perfect, than to live my whole life pretending to be.”

~Unknown

““Ordinary people believe only in the possible. Extraordinary people visualize not what is possible or probable, but rather what is impossible. And by visualizing the impossible, they begin to see it as possible.”

~Cherie Carter Scott

“What a person truly believes isn't what they think or say, it's what they do.”

~ From Lark Rise to Candleford

“The only disability in life is a bad attitude.”

~Scott Hamilton

“It takes nothing to join the crowd. It takes everything to stand alone.”

~Hans F. Hansen

“Always remember you are braver than you believe, stronger than you seem, smarter than you think, and twice as beautiful as you'd ever imagined.”

~From Winnie-the-Pooh

“Happiness needs sadness.

Success needs failure.

Benevolence needs evil.

Love needs hatred.

Victory needs defeat.

Pleasure needs pain.

You must experience and accept the extremes, because if the contrast is lost, you lose appreciation; and when you lose appreciation, you lose the value of everything.”

~Philippos

“ Whatever you're thinking.. think bigger!”

~ Tony Hsieh

“Every day is a new beginning. Treat it that way. Stay away from what might have been and look to what can be.”

~ Marsha Petrie Sue

“We are reminded how short life really is, and how we are just passing through. So, all the people you haven't told you love lately, tell them, and live your days like you mean it.”

~Hal Sutton

“Once you learn how to feel happy, you won't tolerate being around people who make you feel anything less.”

~Unknown

“A recipe for a happy life. Training yourself to live in the present without regretting the past or fearing the future.”

~Jonathon Lockwood Huie



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