I Walked the Hallways Alone

CHAD KEMPEL

Yours to keep. No one collects this.

1 Who's watching the clock:

someone with no fallback plan, waiting for one person to sit down next to them like it's normal.

Tool: describe them. No name needed.

"The person who came to mind during the talk is ..."

2 Showing up:

you don't need the right words. You need to be there like it's the most normal thing in the world.

Tool: pick one.

- ☐ Sit down next to them at lunch
- ☐ Ask them to work together in class
- ☐ Make eye contact and actually smile
- ☐ Say hi when I pass them in the hall
- ☐ Invite them to sit with my group
- ☐ Ask them a real question about their day
- ☐ Something specific to them: _____

3 When, exactly:

a plan with a time and a place happens. A plan without one is a wish.

Tool: pick one, then write it where you'll see it.

☐ Today at lunch ☐ Tomorrow before first period ☐ Tomorrow at lunch ☐ Friday at lunch

☐ Other: ☐ _____

"After I do it, I'll know. The kids who showed up for Chad never knew they did."

4 The one who showed up for you:

someone did this for you once. They probably don't know it mattered.

Tool: one text this week. It's less awkward than you think.

"Random, but I've been thinking about when you ... It mattered more than you knew. Thanks."

Need to talk to someone now? Call or text 988. In danger? Call 911.

At school, talk to _____ in _____

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