



# MIX IT UP !



November 15, 2005 is

**MIX IT UP!**

**AT LUNCH Day!**

Take the challenge;  
become part of the  
national movement to

**BRING DOWN  
THE WALLS!**

Last November, more than **4 million students** at **9,000 schools**, abandoned their usual place in the cafeteria, moved through the social jungle and took a seat next to someone new. If 4 million of our children can do it, if 4 million of our children can see the value in talking with someone new, strengthening new relationships and social skills, so can we adults– the ones our children look to for guidance and example. *This November, let's join our children in bringing down the walls– have lunch with a co-worker, get to know a program or neighbor that you don't typically connect with. Learn something new and share something with another. MIX IT UP MIX IT UP MIX IT UP MIX*

Tool Box for **MIXING IT UP** and **BRINGING DOWN THE WALLS!**

## CONVERSATION STARTERS:

- Do you think reality TV promotes stereotypes?
- Do you think children really are adversely affected by what they see and hear in the media or is it all a hype?
- What does “Public Health” mean to you, to your work?
- What factors most divide us? What do we share?

## SUPPORT CHILDREN:

- Encourage your child's school to **MIX IT UP !**
- Talk about tolerance; be honest about differences.
- Model the behavior you would like to see.
- Challenge intolerance when it comes from your children; support them when they experience it.
- Create opportunities for children to interact with people who are different from them.

