

“SIT WITH US”

Natalie Hampton

- 1 Being excluded at school is a terrible feeling, but trying to find an open table at lunch can make you feel even worse. Thankfully, there’s a reason to stop worrying about the lunch time loneliness and forget about the days of sitting by yourself. California teen Natalie Hampton is working to make those lonely feelings a thing of the past with “Sit With Us”, an app that provides a discrete way for students to find a place to sit during lunch time. Download the app to your phone, and start connecting with new people in your school now. Plus, hear more about the app and Natalie’s inspiration below!

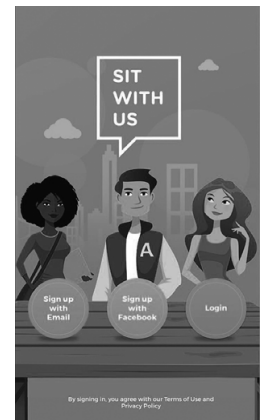


- 2 **Justine Magazine (JM): What made you decide that an app was the way to go in your mission to prevent bullying?**

Natalie Hampton (NH): Kids my age always have their phones in their hands, and we always love to try the latest app. I thought an app would be the best way to bring kids together in a discrete and private way. Sit With Us essentially lets you know where there is an open invitation to sit at lunch.

- 3 **JM: What has this app and your experience creating it done for you?**

NH: For me, this was a small project that I intended to roll out at my school and perhaps a few other schools where I have friends. It is amazing to me that it has gone viral and is being downloaded not just in the US, but in many other countries. Creating the app has definitely given me more confidence because I took a negative, traumatic experience and turned it into a positive one. I know that I want to pursue a career where I can help ease the suffering of others (such as becoming a doctor) and now I’m more confident that I can do that.



- 4 **JM: How do you think your own middle school experiences up to now would be different overall if you had had access to the app?**

NH: In middle school, I only knew the people who were in my class and who were not friendly at all. If I had had the app, I think I could have connected and made friends with a handful of nice girls in my school. All I really wanted was to connect with just one person. Sitting alone branded me as a prime target for bullying.

5 JM: Do you ever hear success stories from users? How does that make you feel?

NH: We get so many messages from people who love using the app. I also walk across my school campus and see people connecting with new friends through Sit With Us, having smiles on their faces. It is not just the kids who are finding a table – I also hear from Sit With Us ambassadors who feel great about taking an active role in spreading kindness in their school communities. It definitely makes me feel that all of my time and effort in creating the app have been worth it. I believe that student-led initiatives are far more effective in decreasing bullying and studies have shown that is the case. Basically, I want everyone to know that it's cool to be kind, and that spreading kindness makes you feel good.

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- 1p **28** Hoe helpt de app "Sit With Us" je in de pauze? (alinea 1)
- A Daarmee kun je mensen vinden waar je bij kunt zitten.
 - B Daarmee kun je scholieren vinden met dezelfde interesses.
 - C Daarmee kun je snel zien waar je vrienden zijn.
- 1p **29** Wat was de reden om voor het maken van een app te kiezen, volgens Natalie Hampton? (alinea 2)
- A omdat tieners te verlegen zijn om elkaar direct aan te spreken
 - B omdat tieners toch de hele dag hun telefoon gebruiken
 - C omdat tieners vertrouwen hebben in social media
- 1p **30** Wat heeft Natalie aan de app te danken volgens alinea 3?
- A Ze heeft geld verdiend om te kunnen studeren.
 - B Ze heeft meer zelfvertrouwen gekregen.
 - C Ze heeft nieuwe vrienden gemaakt.
- 1p **31** Hoe had de app Natalies eigen schooltijd kunnen veranderen? (alinea 4)
- A Ze had dan de mogelijkheid gehad om nieuwe vrienden te maken.
 - B Ze had leerlingen kunnen waarschuwen welke klasgenoten onaardig waren.
 - C Ze had medeleerlingen kunnen vinden om samen pestkoppen aan te pakken.
- 1p **32** Waarom denkt Natalie dat haar app een succes is volgens alinea 5?
- A Ze heeft de resultaten van een onderzoek naar de app gezien.
 - B Ze heeft gehoord dat leerlingen een vergelijkbare app willen ontwikkelen.
 - C Ze heeft op haar school gezien dat leerlingen elkaar leren kennen via de app.