SAY SOMETHING

a YOUTH VIOLENCE PREVENTION program from SANDY HOOK PROMISE
hello!

Your Name Here
He told me he was going to.

I knew this would happen.

She has been all over Twitter threatening revenge.

I saw his plans but didn’t believe he would ever do this.
WHY didn't they

SAY SOMETHING
Today...
You will learn how to SAY SOMETHING to PROTECT yourself, classmates and community and help PREVENT violence suicides and threats.
1- look for WARNING SIGNS, SIGNALS and THREATS
2 - ACT IMMEDIATELY. 

take it SERIOUSLY!
3 - SAY SOMETHING to a TRUSTED adult
SCHOOLS are SAFE!
However...
Schools ARE NOT immune to violence, suicide or threats.
WE CAN DO BETTER!

- **749,000** students were victims of violence
- **876,000** students were afraid of attack or harm at school
- **1,000,000** students were threatened or injured with a weapon on school property
- **250,000** students seriously considered attempting suicide
- **1,000,000** students were threatened or injured with a weapon on school property
1-in-3 students report being sad or hopeless for 2+ weeks in the last 12 months

1,000,000 students did not go to school 1+ days in the last 30 days because they felt unsafe at or on their way to and from school

One million students were harassed, threatened or subject to other forms of cyberbullying
There are steps you can take to PROTECT yourself, classmates and community and help PREVENT violence, suicides and threats...
GOOD NEWS... Individuals often show warning signs and share information BEFORE they are violent, attempt suicide or make threats.
In 3 separate studies, researchers found...
37% of threats of violence were sent electronically.

28% used social media.
Most mass shootings are planned for 6+ months. In nearly every case, warning signs were given.
70% of people who complete suicide tell someone their plans or give some other warning sign.
if we TEACH YOU how to:

1. LOOK for warning signs, signals & threats.
2. ACT immediately. Take it seriously.
3. SAY something to a trusted adult.

we will get BETTER at:

1. REDUCING violence, threats & tragic consequences.
2. CREATING safer, healthier schools & communities.
1- look for WARNING SIGNS, SIGNALS and THREATS
WHAT IS A WARNING SIGN?

Thoughts, feelings and behaviors that INDICATE significant change and that an individual may be in NEED OF HELP.
### WHAT IS A WARNING SIGN?

- Withdrawal from others
- Bullying or Hitting
- Negative Role Models
- Excessive Anger
- Impulsive intimidating
- Extreme mood changes
- Thoughts or plans of harming self or others
- Blames others for own failures
- Fear of riding the bus / going to school
- Will not forgive or forget the wrongs of other people
- Significant personality change
- Excessive feelings of isolation or rejection
- Dramatic changes in physical appearances
WHAT IS A WARNING SIGNAL?

Gestures or ACTIONS, that transmit information which can be either OVERT or VAGUE in nature
WHAT IS A WARNING SIGNAL?

- Give away possessions
- Fascination with suicide
- Rigid beliefs or ideologies
- Brag about access to guns
- Fascination with weapons
- Fascinated with school shootings

- Fascination and/or writings and drawings of death
- Recruit friend to join an attack
- Warn a friend to stay away from school or an event
- Bragging about an upcoming attack
WHAT IS A THREAT?

Any communication directly or through a third party which has the intent to HARM themselves or someone
WHAT IS A THREAT?

- “Somebody should do that here.” (supporting violent act)
- “Someone should blow this place up.”
- “Life isn’t worth living.”
- “I am going to take her and her friends out.”
- “You’d be better off without me.”
- “They will regret they ever met me.”
WHERE are WARNING SIGNS, SIGNALS and THREATS found?
Social media is a PRIMARY SOURCE of signs, signals and threats, followed by hallways, lunchrooms and classrooms.
IN WHAT FORM ARE THEY FOUND?

- SPOKEN
- PHOTOS
- VIDEOS
- WRITTEN
- GESTURES
- ACTIONS & BEHAVIORS
IN WHAT FORM ARE THEY FOUND?

I'm sorry to those who I offended over the years. I'm blind to see that I, as a human being, suck. I am an individual who is doing an injustice to the world and it's time for me to leave. Please don't ever feel sorry for me, or cry - because I had an opportunity at life and that opportunity is over. I'm sorry that I wasn't able to love someone or have someone love me. I guess it's best though, because now I leave no pain onto anyone. The kids in school are right, I am a loser, a freak, and a jag and in no way is that acceptable for people to deal with. I'm sorry for not being a person that would make someone proud.

@J someone needs to find you and assassinate you. like, seriously. you get off by f***ing up the truth. i should do it.
IT’S NOT JUST ABOUT VIOLENCE AND SUICIDE.
YOU CAN ALSO HELP WITH OTHER PROBLEMS.

- Bullying or being bullied
- Abusing or being abused (verbally/physically)
- May have an eating disorder
- Substance abuse or addiction problem
- May be a sexual predator/Being preyed on

YOU CAN ALSO HELP WITH OTHER PROBLEMS.
2 - ACT IMMEDIATELY.
take it SERIOUSLY!
WHEN SHOULD YOU ACT?
when you SEE, HEAR OR READ a
warning sign, signal or threat,

act IMMEDIATELY
and seek help.
"We all spoke to him and he said he would never do that."

"I thought someone else would tell someone."

"I thought they would feel better tomorrow."

"They are too young to hurt themselves or others."

"He just wants attention. It’s not real."

"I would say something if it was a big enough deal."

"I am waiting for the right moment to say something."

"If he was going to do something, why would he announce it publicly?"
There is no “Entry Age”

Let the experts assess the sign, signal or threat

Individuals often announce their planned actions

Be an upstander, not a bystander
WHAT STOPS ACTING IMMEDIATELY?

If you tell on someone, you will be labeled a traitor, rat and/or risk of being alienated or physically hurt.
• Getting someone help for their own safety and well-being and to protect yourself and others from harm.

• You want to help them.

VS.

• Purposely trying to get someone in trouble for your own gain.

• You want to get them in trouble.
When you act, you could save someone’s life or the lives of others.

When you do not act (out of fear), you risk losing a friend or a classmate.

Individuals want to be helped – they may not understand that they need it, or don’t know how to get it.
3 - SAY SOMETHING to a TRUSTED adult
WHO DO I SAY SOMETHING TO?

SAY SOMETHING to a trusted adult. They have the experience, knowledge and means to know how to get help for an individual.

If there is an immediate life threatening situation, follow your school’s steps and/or dial 911, then seek a trusted adult for assistance.
WHO do I SAY SOMETHING to?
Examples of trusted ADULTS
trusted ADULTS
PARENTS / TEACHERS
trusted ADULTS
GUIDANCE COUNSELOR / SCHOOL PSYCHOLOGIST
trusted ADULTS
SCHOOL POLICE / RESOURCE OFFICER
trusted ADULTS
RELIGIOUS LEADER
trusted ADULTS
PRINCIPAL / SCHOOL SUPPORT STAFF
trusted ADULTS
COACH, INSTRUCTOR OR MENTOR
trusted ADULTS
COMMUNITY ORGANIZATION LEADER
Parent or Teacher
Guidance Counselor
School Psychologist
Community Organization Leader
School Police/Resource Officer
Coach, Instructor or Mentor
Principal/School Support Staff
Religious Leader
Before talking to an adult, gather any texts, photos, videos or other communication. If all or some portions were spoken, then write down what you heard.
**How to have a Conversation**

1. “I must talk to you about (name of individual)”
2. “She/He has threatened (explain)”
   - “I am noticing (explain) warning signs or signals.”
   - Share support or personal notes
3. “I need your help now to get her/him help.”
   - Share where adult can find the individual, parent’s name and contact information (if known)
Why SAY SOMETHING? You are the eyes and ears of our school.
why SAY SOMETHING?
You see and hear things others don’t.
why SAY SOMETHING?
You can reduce violence, suicide and threats.
I saved my friend’s life!

I made a difference for someone else!

I averted a school shooting.

I got help for my friend being physically abused.
take the PLEDGE

i promise to...

1. LOOK for WARNING SIGNS, SIGNALS & THREATS

2. ACT IMMEDIATELY take it SERIOUSLY.

3. SAY something TRUSTED ADULT to help CREATE a SAFER, HEALTHIER school
SAY SOMETHING

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