

# Say Something Call to Action Week

## Frequently Asked Questions

### What is *Say Something*?

*Say Something* is a free program offered by Sandy Hook Promise that trains middle and high school students how to identify warning signs, intervene, and get help for individuals before they hurt themselves or others. The primary objectives of *Say Something* are to teach students how to:

- *Look* for warning signs, signals and threats
- *Act* immediately and take signs, signals and threats seriously
- *Say Something* to a trusted adult **before** someone hurts himself or others

### What is *Say Something* Week?

Each year, Sandy Hook Promise sponsors a *Say Something* Call to Action Week—this academic year it is February 25 through March 1, 2019— where thousands of schools and youth organizations from across the United States participate in the *Say Something* program. The program is comprised of the following three components:

#### 1. *Say Something* Student Training

During the February 25-March 1 Call to Action Week, students attend the *Say Something* training, which is delivered in one of two ways:

- In-person by a teacher or staff member who has watched the *Say Something* Online Train the Trainer Video
- Through the Interactive Digital Training Platform

#### 2. *Say Something* Call to Action Week Activities

After the *Say Something* training, schools engage in a Call to Action Week during February 25-March 1. During the Call the Action Week, schools or youth organizations implement activities that promote the *Say Something* message and its primary objectives.

#### 3. *SAVE* Promise Clubs

During February 25-March 1 or in the weeks afterwards, we strongly encourage schools and youth organizations to establish a *SAVE (Students Against Violence Everywhere) Promise Club*. *SAVE Promise Clubs* are student-led and work to protect their communities by preventing violence **before** it happens. As part of their work, *SAVE Promise Clubs* lead activities that promote the *Say Something* program (as well as other Sandy Promise *Know the Signs* programs).

## Who Can Participate in *Say Something* Week?

*Say Something* is a free program that is available to all middle schools, high schools and youth organizations serving youth grades 6 - 12.

## How Do I Register to Participate in *Say Something* Week?

To register your school or youth organization to participate in *Say Something* Week, February 25-March 1, please visit: [Say Something Week](#).

After registering, you will receive resources that will help you plan and implement an exemplary *Say Something* Week. These resources include: a Planning Guide, a Toolkit, the Student Presentation and Training Videos.

**Also, if you plan to order *Say Something* materials from the [Sandy Hook Promise Store](#) (e.g., wristbands and/or t-shirts), please place your order now.** Demand for these items is high and, to ensure delivery of your order before *Say Something* Week, we recommend ordering as early as possible.

## Is *Say Something* a Social and Emotional Learning (SEL) Program?

While Sandy Hook Promise's evidenced-based *Say Something* program is not a stand-alone SEL program, *Say Something* does seamlessly and effectively compliment any school's existing SEL curriculum, instruction, and programming.

*Say Something* specifically teaches students how to recognize warning signs and prevent someone from harming him/herself or others. Students learn essential SEL competencies, including how to understand another person's perspective and empathize with him or her (*social awareness*). Students also learn how to identify problems and analyze situations as well as solve problems in an ethically responsible manner (*responsible decision-making*).

## Who Is Sandy Hook Promise?

Sandy Hook Promise is a national, nonprofit organization based in Newtown, Connecticut. We are led by several family members whose loved ones were killed in the tragic mass shooting at Sandy Hook Elementary School on December 14, 2012 that claimed the lives of 20 first-graders and 6 educators. SHP is focused on preventing gun violence (and other forms of violence and victimization) BEFORE it happens by educating and mobilizing youth and adults on mental health and wellness programs that identify, intervene and help at-risk individuals. SHP is a moderate, above-the-politics organization that supports sensible non-policy and policy solutions that protect children and prevent gun violence. Our intent is to honor all victims of gun violence by turning our tragedy into a moment of transformation. For more information, visit [www.sandyhookpromise.org](http://www.sandyhookpromise.org).