



## Sandy Hook Promise's Say Something Program

SAVE Promise Clubs are required to implement at least one of Sandy Hook Promise's [Know The Signs](#) violence prevention programs. It is highly recommended that the Say Something program be implemented as part of the club's efforts to prevent violence within their school or youth organization.

Upon signing up for [Say Something](#), you will receive access to the Say Something training, as well as the Say Something Educator Guide and Student Guide at no-cost. These easy to implement resources will help your SAVE Promise Club train students in Say Something and sustain your efforts throughout the year.

This fact sheet tells you all you need to know to get started in bringing Say Something to your school or youth organization. Through Say Something, your SAVE Promise Club will empower others to become "upstanders" and look out for one another.

### Who is Sandy Hook Promise?

Sandy Hook Promise (SHP) 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).

### What is Say Something?

When it comes to violence, suicide and threats, most are known by at least one other individual *BEFORE* the incident occurs. Over the last 25 years, research has revealed that:

- In 4 out of 5 school shootings, at least one other person had knowledge of the attacker's plan but failed to report it.
- 70% of people who complete suicide tell someone of their plans or give some type of warning sign(s).

Imagine how much tragedy could be averted if these individuals said something?

*Say Something* teaches students, grades 6 and above, how to look for warning signs, signals and threats, especially in social media, from an individual who may be a threat to themselves or others, and Say Something to a trusted adult to get them help *BEFORE* it's too late. The program is based on research conducted by Dr. Dewey Cornell and Dr. Reid Meloy, leading experts in threat assessment and intervention.

### **Who is *Say Something* intended for?**

Say Something is a no-cost and easy to implement program that is available to all middle schools, high schools and youth organizations serving youth grades 6 - 12. In addition to young people, Say Something will benefit educators, administrators, community based organization leaders, parents, and other adults who come into contact with children. By building a culture of looking out for one another and reporting possible threats of violence when someone sees, reads or hears something, entire communities will become safer and lives will be saved.

### **What is required to implement Sandy Hook Promise's *Say Something* program?**

Sandy Hook Promise's Say Something program - including the Say Something program, the Educator Guide and the Student Guide - is available to schools and youth organizations at no-cost. SAVE Promise Clubs can choose the day and time to deliver the Say Something program and the accompanying Educator Guide and Student Guide offer a wide range of post training activities that can be organized by your SAVE Promise Club throughout the year and serve as reminders.

Sandy Hook Promise also organizes a national Say Something Week every year in October. SAVE Promise Clubs are strongly encouraged to participate and are eligible to apply for special Say Something Week Awards. Once you register as an official SAVE Promise Club, you will receive an invitation to register for Say Something Week.

### **How have other SAVE Promise Clubs sustained Say Something?**

Students at Moore High School in Oklahoma created a video to help them continue a student-centered dialogue around the important role young people play in preventing violence when they Say Something. Energized by this powerful message, Moore High School's FUSE Student Leadership Club became a SAVE Promise Club and launched a year-round campaign: "Because we 'Say Something' we can do MOORE!" Moore High School is required by law to practice lockdown drills with their students throughout the year. With the help of their advisor, the student club uses the lockdown drills as an opportunity to reinforce the key steps to Say Something and remind their peers that they can prevent a tragedy *BEFORE* it takes place when they Say Something.

The FUSE Club captured the attention of their local television station who interviewed the Club members and gave them a platform to further spread Say Something within their community. This media coverage gave youth leaders a chance to practice public speaking skills and have their efforts recognized and celebrated publicly. To date, Moore High School's Say Something activities have been 100% self-led and implemented through the FUSE Student Club with the help of their adult champion.

**How will Sandy Hook Promise Support Our SAVE Promise Club in our Say Something Efforts?**

Sandy Hook Promise will provide each participating SAVE Promise Club with access to no-cost, digital training, activities and resource guides. Depending on your location, Sandy Hook Promise may be able to provide a trained Promise Presenter to deliver the presentation in-person. Additionally, Sandy Hook Promise can provide 1:1 coaching by phone or Skype to help you implement your Say Something program, and also share ideas, best practices and tips for sustaining your Say Something program throughout the year. [Check out our calendar](#) for more ideas.

**For more information – and to sign up to receive the Say Something presentation and supporting tools and resources – please visit**

<http://www.sandyhookpromise.org/bringsaysomething>.

For questions related to Say Something, please reach out to us at [programs@sandyhookpromise.org](mailto:programs@sandyhookpromise.org).