



## **Say Something Week: February 25-March 1, 2019** **A Youth Violence Prevention Program**

### **What is *Say Something*?**

When it comes to violence, suicide and threats, most are known by at least one other individual *BEFORE* the incident takes place. 80% of school shooters told someone of their violent plans prior to the event. Additionally, 7 out of 10 people who complete suicide told someone of their plans or gave some type of warning or indication. Imagine how much tragedy could be averted if these individuals said something.

*Say Something* teaches students, grades 6 -12, how to look for warning signs, signals and threats, especially in social media, from individuals who may want to hurt themselves or others and to *Say Something* to a trusted adult to get them help. The program is based on research conducted by Dr. Dewey Cornell and Dr. Reid Meloy, two leading national experts in threat assessment and intervention.

### **What is *Say Something* Week?**

During the week of February 25-March 1, 2019 thousands of schools and youth organizations across the United States will be participating in National *Say Something* Week.

*Say Something* Week raises awareness and educates students and the community through training, media events, advertising, public proclamations, contests and school awards. *Say Something* Week reinforces the power young people have to prevent tragedies and *Say Something* to a trusted adult to protect a friend from hurting them self or others.

**To sign up your school or youth organization to participate in National *Say Something* Week, February 25-March 1, please visit: <http://www.sandyhookpromise.org/saysomethingweek>**

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

*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 and parents. 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.

### **How Can my School or Youth Organization Participate in Say Something Week?**

Schools and youth organizations participating in *Say Something Week* agree to facilitate a no-cost, easy to implement *Say Something* presentation the week of February 25-March 1. The initial presentation can be delivered in 45 minutes or less and can take place digitally, within the classroom, an assembly, or be led by student ambassadors. Schools and youth organizations have the option of choosing the day, time and format they would like to deliver the *Say Something* presentation during the week of February 25-March 1. The *Say Something Week* planning guide and additional materials are available at: [www.sandyhookpromise.org/saysomethingweek](http://www.sandyhookpromise.org/saysomethingweek).

Following *Say Something Week*, schools and youth organizations are strongly encouraged to form a SAVE Promise Club to help organize and lead a wide range of post training activities that can be implemented throughout the year and serve as reminders and create a culture of “Upstanders” within your school or youth organization. More about SAVE Promise Clubs are available at <http://www.sandyhookpromise.org/savepromiseclub>.

### **How Will Sandy Hook Promise Support My School or Youth Organization?**

Sandy Hook Promise will provide each participating school and youth organization with access to no-cost, digitally downloadable presentations, activities and resource guides. Sandy Hook Promise will also provide a planning guide with media tools and activity ideas. In-person training is available upon request at select schools/youth organizations (based on size and trainer availability).

**A digital interactive training platform!** This online platform allows you to train students in *Say Something* via an interactive digital learning experience. All schools and youth organizations who have signed up for *Say Something Week* are eligible to use this training platform. You can use this as your primary or supplemental training during *Say Something week*. To sustain the lessons from *Say Something*, your students can also use this tool as a reinforcement exercise, a few weeks or months after the initial *Say Something* training.

**Upon reporting *Say Something Week* activities back to Sandy Hook Promise, participating schools and youth organizations will also receive 100 *Say Something* wristbands at no-cost to help with your sustainability and SAVE Promise Club efforts.**

Following *Say Something Week*, participating schools and youth organizations are eligible to apply for *Say Something* awards. More information about the *Say Something* awards and the award guidelines and application are available at <http://www.sandyhookpromise.org/saysomethingweek>.

### **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).

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