SANDY HOOK PROMISE
SAY SOMETHING PROGRAM

SIGNATURE ACTIVITIES
VOLUME 1
SIGNATURE ACTIVITIES FOR MIDDLE AND HIGH SCHOOL STUDENTS TO KEEP THE SAY SOMETHING MESSAGE GROWING!

What is Sandy Hook Promise’s Say Something Program?

Sandy Hook Promise’s Say Something Program for grades 6 – 12 trains students to look for warning signs and threats — especially on social media — of someone at-risk of hurting themselves or others and to “say something” to a trusted adult before a tragedy can occur.

This program reinforces three steps:

1. **RECOGNIZE!** WARNING SIGNS AND THREATS
2. **ACT IMMEDIATELY.** Take it seriously.
3. **SAY SOMETHING** to a TRUSTED ADULT

1) **Recognize warning signs and threats**
   Learn to understand what is a warning sign or threat and where you are likely to find them.

2) **Act immediately; take it seriously**
   Understand strategies to take action and overcome the barriers that may exist to being an "upstander" rather than a "bystander."

3) **Say something to a trusted adult**
   Learn how to intervene when you see warning signs and threats by telling a trusted adult, and know who those trusted adults are that you can go to for help.
WHAT ARE THE SAY SOMETHING SIGNATURE ACTIVITIES?

Schools and student leaders can take these powerful steps and reinforce them with engaging activities that help build the Say Something message into a school’s culture and enhance Say Something awareness weeks.

If you think we missed an activity or have an activity you’d like to share, please send it to us at programs@sandyhookpromise.org. Send us pictures of your favorite Say Something activities and we’ll include them in our newsletter and on social channels!
SIGNATURE ACTIVITIES

SIGNATURE ACTIVITY #1: Trusted Adult Acknowledgment

Celebrate, honor, acknowledge, and educate the trusted in adults in your school community. Uplift the message of how vitally important trusted adults are to continuing the Say Something program by giving trusted adults signs to post in their classrooms. Take the next step and provide a forum for trusted adults to support the Say Something message with You Can Trust Me Because… notes to distribute or post on bulletin boards.

SIGNATURE ACTIVITY #2: Peer-to-Peer Mentoring, Cross-Age Teaching, and Buddy-Up

Organize opportunities for Club members to facilitate the Say Something presentation to younger students or classmates during advisory classes, homerooms, or grade-level assemblies. Sandy Hook Promise offers plentiful resources to help prepare youth leaders to deliver the presentation. Log on to the Sandy Hook Promise Training Center site (www.sandyhookpromisetraining.org) to access a student training video and refer to the Say Something Resources web page for a Quick Training guide, train-the-trainer video, and a best practice presentation to help you deliver the most optimal presentation! If you don’t have access to the resources page, simply sign-up for the Say Something Program here: www.sandyhookpromise.org/say-something

Other ways to initiate peer-to-peer learning:

- Buddy-Up Seniors and Freshman or Eighth graders and 6th graders for a Peer Shadow Day
- Work with younger students to create a patchwork puzzle to demonstrate the power of connections and collectively acknowledging that Saying Something helps build a safe school community
- Start a Pen Pal program matching high school and middle school students.
- Organize a student led Say Something presentation.
SIGNATURE ACTIVITY #3:
Host a Screening and Circle Up

Screen Sandy Hook Promise’s Evan and Point of View Public Service Announcements and facilitate a circle discussion about school safety using the lesson activities in the SAVE Promise Club Toolkit on pages 166 – 177. The Toolkit and other valuable materials can be found on the SAVE Promise Club Resources web page. Interested in starting a SAVE Promise Club? Visit https://www.sandyhookpromise.org/savepromiseclub for more information.

Use a talking piece and circle discussion norms to ensure each student has a voice and the ability to participate. Questions can be delivered in rounds, sample questions to get your circles going are:

- Can you think of any examples of upstander behaviors that you observed in our school?
- How would you describe the types of violence that you witness, experience, or hear about in our school, community, and/or society?
- How comfortable do you feel approaching a trusted adult about a warning sign?
- What are some creative ideas you have for our school to keep the Say Something message going and growing all year?

SIGNATURE ACTIVITY #4:
Spirit Weeks with ‘Promise Challenges’

Celebrate and lift up the Say Something message for the entire school community! Tie in the important life-saving tips and tools into a week of community-building. Create a calendar of themes and add ‘Promise Challenges’ to each daily theme, such as ‘On Monday, March 2nd, the SAVE Promise Club Challenges you to: write a thank you note to a student or trusted adult who has demonstrated to be an UPSTANDER in our school community.’
SIGNATURE ACTIVITY #5:  
*Take Over Morning Announcements and Broadcasts*

Ask an administrator for permission for your SAVE Promise Club or student leaders to take over the morning announcement or school broadcasting system for the awareness week. Use the opportunity to reinforce the three steps of Say Something and announce daily activities. See the following page for sample loudspeaker and broadcast announcements.

SIGNATURE ACTIVITY #6.  
*Photo Booths*

Set up student-created photo booths where students can stop by. Post photos on social media with messages that promote the Say Something program, e.g., “I made the promise to #SaySomething” or “I am a #Upstander.”

SIGNATURE ACTIVITY #7:  
*Make it a Contest: Art, Music, Dance, and Games*

Use art and music contests to engage broad school community participation for the week. Cedric Sawyer, SAVE Promise Club student leader and National Youth Advisory Board member, generates interest in awareness weeks by organizing competitive games with educational twists. Students at his school, Miami Southridge High School in Florida, loved participating in old-school games like balloon relays, pillowcase races, tug-o-war, and dunk-for-apples. Each contest can involve a teaching and learning opportunity to reinforce the three Say Something steps or to build connectedness and sense of community belonging.

Other contest ideas include:
- Spoken Word poetry contests.
- Art contests with an Upstander theme – set-up a gallery in the school library or at an off-site community space to celebrate and honor the student-created artwork.
- Write, produce, and perform student-created skits and plays about school safety. Use the performance to start a dialogue with students about their concerns and ideas for keeping the school community safe.  

(continued on page 8)
SIGNATURE ACTIVITY #5 (cont’d.): Sample loudspeaker and broadcast announcements

**Basic Introduction of the Week – Build Enthusiasm for Say Something**

Good Morning Students and Staff!

We are pleased to announce ___________ School’s participation in Say Something Call To Action Week. 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 main objective of Say Something is to teach students how to:

1. Look for Warning Signs and threats
2. Act immediately and take signs and threats seriously.
3. Say Something to a trusted adult to prevent violence.

**Announce at least one activity happening Day One:**

- “To launch our Say Something week, students will gather by grade-level in the auditorium during Advisory classes to be trained in the Say Something program”
- “To best understand the Say Something program, all students will view the 30-minute Say Something training video in homerooms.”
- “To launch our Say Something week, all students will be viewing the Sandy Hook Promise Evan video in your Advisory class and participate in a circle discussion today.”

**Announce something you can do today to participate in Say Something Week**

- “Check-out the Trusted Adult banner in the lobby today to find out which staff members have already said ‘You Can Trust Me.’”
- “Take the Say Something pledge today by signing our pledge poster in the main lobby!”
- “Don’t forget to enter the Say Something poetry contest. Entries are due by Friday, please see (Staff person responsible) for more details.”

**Announce something for the students and staff to look forward to:**

“Our SAVE Promise Club has set-up a Social Media campaign – all week visit the photo booth in the cafeteria. Each year there are 2 million acts of violence in schools. When you #SaySomething you can help prevent them.”
SIGNATURE ACTIVITY #7 (cont’d. from page 6):
- Host a dance-a-thon and raise funds for your SAVE Promise Club to attend the National Youth Summit.
- Create Public Service Announcements about the Say Something program and host a film screening as a SAVE Promise Club fundraiser.
- Organize a teacher door decorating contest.

SIGNATURE ACTIVITY #8: Say Something Promise Challenges

Create a “Why I Say Something” handprint wall, tree, or Promise link. Ask students to answer the prompt: I PROMISE to Say Something because or Why I Say Something in the handprint and post in a highly visible area in the school community. Use the provided templates or have students create their own using construction paper.

SIGNATURE ACTIVITY #9: Host a Wellness Day and Distribute Wellness Tips

Promote wellness for students and faculty during Say Something week. National Youth Advisory Board member Kaylie Malloy emphasizes that violence prevention involves caring for yourself and others. The SAVE Promise Club scheduled a Wellness Activities Fair for last year’s Say Something week and due to popular demand, the all-day event will take place this year! To keep the wellness theme going at their own school, Carl Sandburg High School in Illinois set up a ‘Take What You Need’ bulletin board so that when a student could use some positivity, strength, self-control, patience, or love, they simply stop by the bulletin board and select a positive affirmation or encouraging note.

Create wellness cards with positive affirmations to distribute during awareness weeks. The cards are the perfect size for student I.D. lanyards and were laminated and distributed by SAVE Promise Club members and included a hotline phone number. If your school has been trained in the Sandy Hook Promise Say Something Anonymous Reporting System and uses the App, add the App icon and three steps of the Say Something program for students to keep with them as a reminder. Don’t forget to distribute wellness tips to the educators!
SIGNATURE ACTIVITY #10: Advocacy and Student Voice

Provide platforms for middle and high school student leaders and SAVE Promise Club members to speak to the Board of Education, local politicians, and community members about the Say Something violence prevention program and what community leaders can do to help propel this program forward:

- Inform the students and teachers about important violence prevention legislation and what they can do to support it.
- Host a gun violence prevention panel and invite parents and guardians to attend.
- Organize a walk or 5K for violence prevention.
Handout: Signature Activity #1 – Trusted Adult Acknowledgement

You Can Trust Me Because:

I Am a Trusted Adult
Thank You for being my Trusted Adult!

You are my Trusted adult because

[Blank lines for input]

I can go to you for help!

[Blank lines for input]
Handout: Signature Activity #2 -
Peer-to-peer mentoring, cross-age teaching, and buddy-up

I will say something when,
I will say something to my
Trusted Adult when,
Trusted Adult when

Say Something Program / www.sandyhookpromise.org/saysomething
Circle Up!

Our topic today is about (circle all that apply):

- Upstanders
- School Safety
- Trusted Adults
- Difficult Conversations
- Warning Signs

Some thoughts I have about our circle discussion:

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

After our circle discussion today I feel:

- happy
- frustrated
- unsure or confused

Briefly explain why you are feeling this way:

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

Something I wanted to add to the discussion, but didn’t get a chance:

_________________________________________________________________________________
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<thead>
<tr>
<th>Promise Challenge of the Day</th>
<th>MONDAY</th>
<th>Promise Challenge of the Day</th>
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<td>Promise Challenge of the Day</td>
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<td>Promise Challenge of the Day</td>
<td>FRIDAY</td>
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(Fill in the activity for each day of the week)
I promise to take care of myself by:
HANDOUT: SIGNATURE ACTIVITY #5 – PROMISE CHALLENGE

I Promise to...
Why I Say Something...
I PROMISE to Say Something Because...
HANDOUT: SIGNATURE ACTIVITY #9 -
CUT OUT CARDS FOR LANYARDS AND PHONE CASES

1. RECOGNIZE WARNING SIGNS
2. ACT IMMEDIATELY. SERIOUSLY.
3. SAY SOMETHING to a TRUSTED ADULT

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