

BACK-TO-SCHOOL CHECKLIST



I saw a student showing several warning signs that made me uncomfortable or nervous. I know it is important to remember that one sign on its own does not mean a person is planning to do harm, but when many signs are observed over a period of time, it could mean that the person is at risk of harming themselves or others. I wanted to Say Something to a trusted adult so they can get help before something tragic can occur.

HERE'S WHAT I SAW:

- Making overt threats of violence, in pictures, videos, on social media, or in writing
- Patterns of impulsive, aggressive behavior or chronic hitting
- Regularly bullying or intimidating others
- Suddenly withdrawing from people and activities
- Victim of constant social rejection or marginalization
- Hanging out with negative role models or peer groups
- Being intolerant of others, or making bigoted comments in person or online
- Bringing a weapon to school, or threatening, or talking about bringing a weapon
- Bragging or warning others about an upcoming attack or act of violence
- Recruiting others to join in a planned act of violence
- Warning friends/peers to stay away from school or events
- Majorly changing their eating or sleeping habits
- A big drop in completion or quality of school work or extracurricular activities
- Talking or writing about committing acts of violence toward others, or communicating homicidal ideation
- Having a significant personality change
- Changing their personal appearance and/or hygiene dramatically
- Suffering from childhood trauma, (ex. verbal, sexual, or physical abuse, neglect, hunger, poverty, or other traumas)
- Talking about plans or making plans for suicide or self-harm
- Expressing hopelessness about the future
- Extreme, prolonged sadness or distress
- Other concerning behaviors: _____

This student's name is _____

I am taking these signs seriously and telling you to protect our school, my friends, and myself.

From, _____



Sandy Hook
PROMISE

Learn more at SandyHookPromise.org