



Sandy Hook Promise's *Know the Signs* Programs

Sandy Hook Promise's no-cost *Know the Signs* programs teach youth and adults how to identify, intervene and get help for individuals **before** they hurt themselves or others.

The Program



The no-cost *Start With Hello* program teaches students how to combat social isolation by showing students how to be more socially inclusive and connected to each other. The program specifically teaches students how to: 1) *See Someone Alone* 2) *Reach Out and Help* 3) *Start With Hello*.

Sustaining the Program



To sustain the *Start with Hello* program, Sandy Hook Promise encourages the establishment and implementation of *SAVE (Students Against Violence Everywhere) Clubs*. *SAVE Promise Clubs* are student-led and committed to stopping violence before it happens. *SAVE Promise Clubs* organize events and activities that help to sustain the messages and practices of *Start With Hello* within their schools.

The Four Step



A teacher, staff member, or student leader takes the online *Start With Hello* Train the Trainer.



The trained teacher, staff member or student leader delivers the *Start With Hello* Student Training to a large (e.g., an assembly) or small (e.g., one classroom) student audience.



Schools establish a student-led *SAVE Promise Club* (or recruit new members if a *Save Promise Club* already exists).



Save Promise Clubs organize activities throughout the year that promote and sustain the messages and practices of *Start With Hello*.

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To learn more about *Start With Hello*, go to: sandyhookpromise.org/prevention_programs