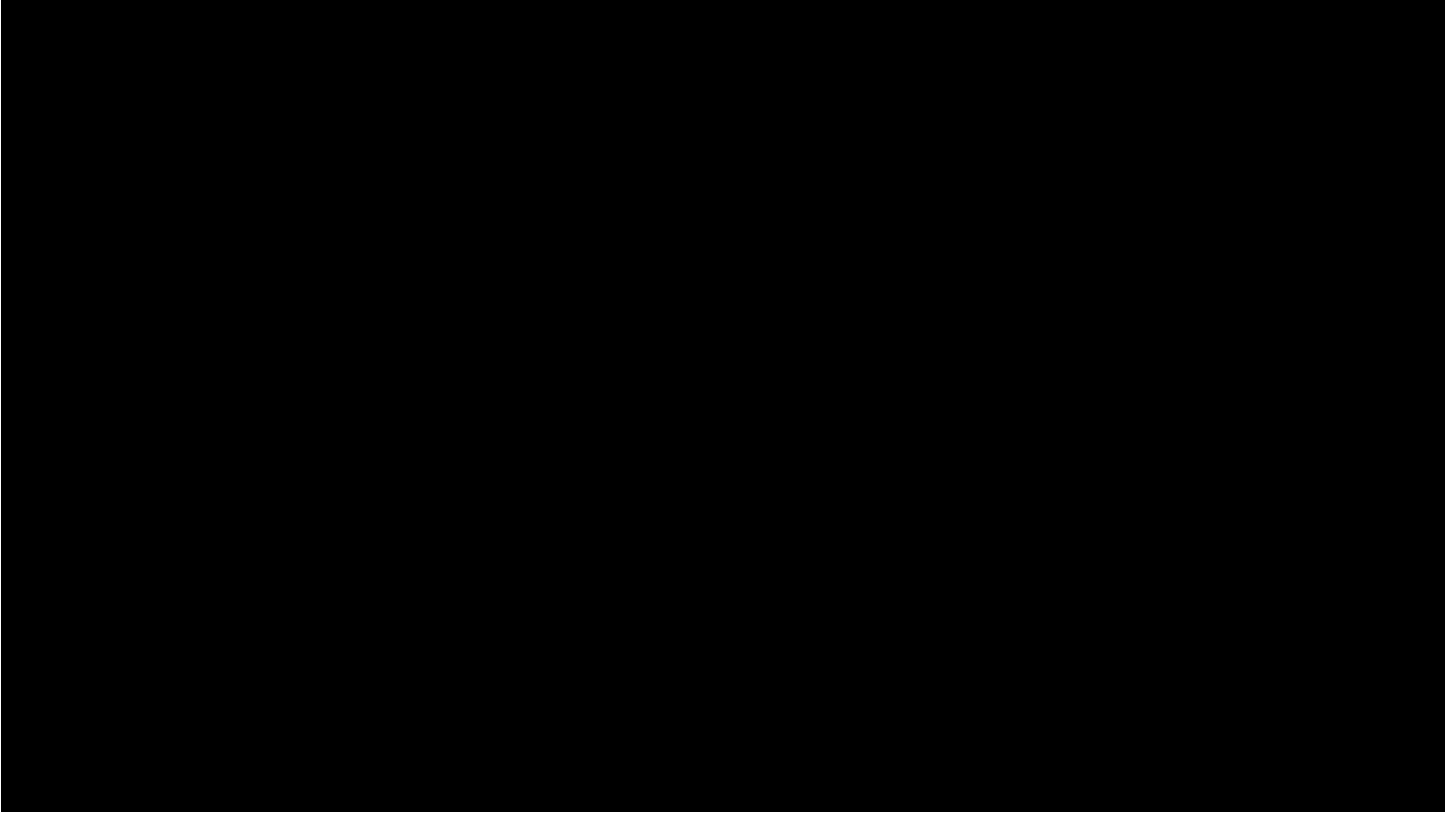




a YOUTH VIOLENCE PREVENTION *program from* SANDY HOOK PROMISE



hello!

Your Name
Here

“He told me he was going to.”

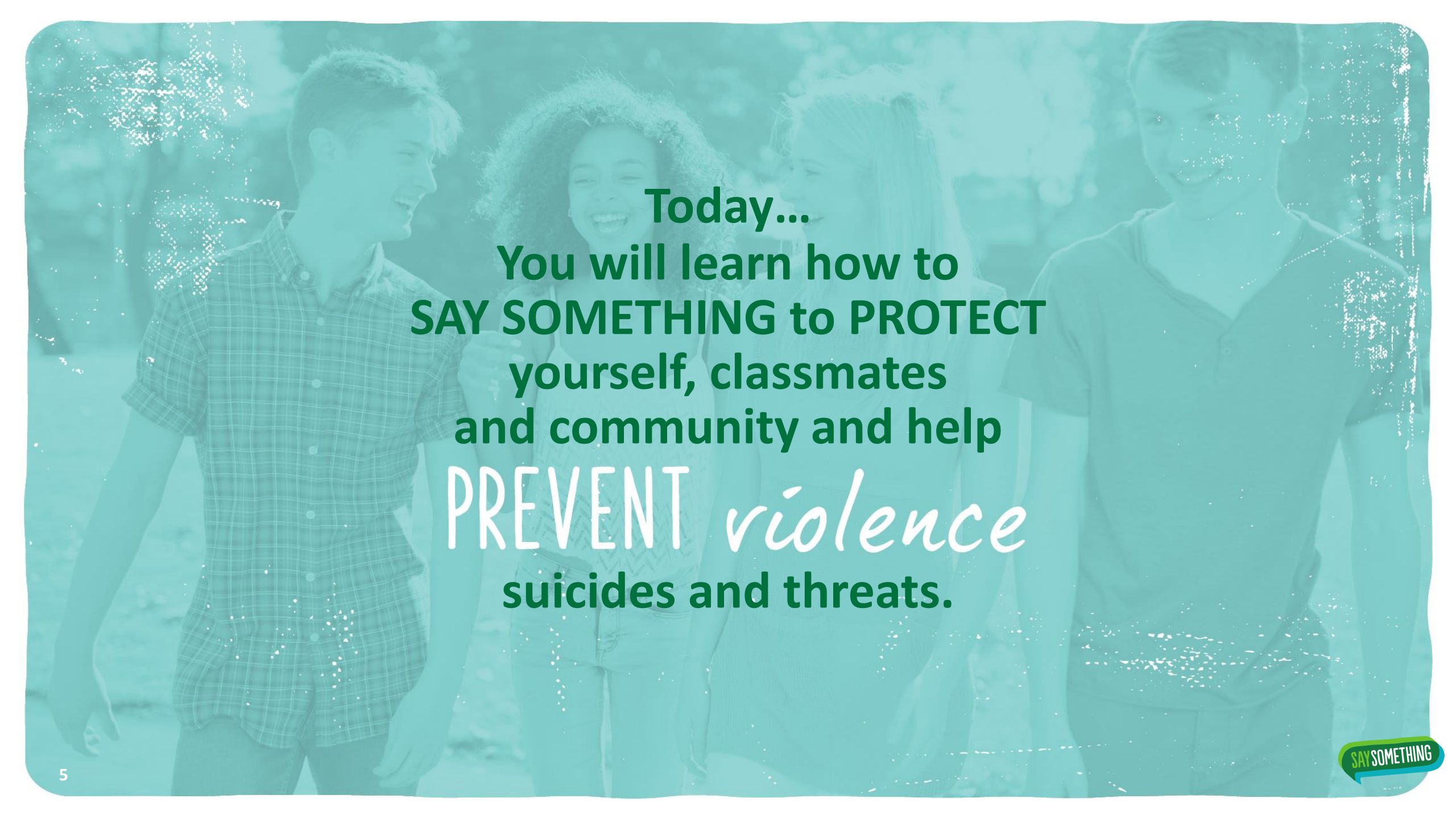
“I knew this would happen.”

“She has been all over Twitter threatening revenge.”

“I saw his plans but didn’t believe he would ever do this.”

WHY didn't they

SAY SOMETHINGTM



Today...
You will learn how to
SAY SOMETHING to PROTECT
yourself, classmates
and community and help
PREVENT *violence*
suicides and threats.

1- look for WARNING
SIGNS, SIGNALS and THREATS

1. LOOK  for WARNING SIGNS & THREATS
2. ACT IMMEDIATELY take it SERIOUSLY.
3. *say something* to a TRUSTED ADULT

1. LOOK two simple words for WARNING SIGNS & THREATS
2. ACT IMMEDIATELY take it SERIOUSLY.
3. *say something* to a TRUSTED ADULT

two simple words
SAY SOMETHING
have the POWER
to be an UPSTANDER,
NOT a BYSTANDER

SAVE LIVES

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YOU have the POWER to SAVE

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2 - ACT IMMEDIATELY.
take it SERIOUSLY!



3 - SAY SOMETHING
to a TRUSTED adult



SCHOOLS
are
SAFE!

SAY SOMETHING

**However...
Schools ARE NOT
immune to violence,
suicide or threats.**



**WE CAN
DO BETTER!**

749,000
students were
victims of
violence

876,000
students were
afraid of attack or
harm at school

1,000,000
students were
threatened or
injured with a
weapon on school
property

250,000
students seriously
considered
attempting
suicide

1-IN-3

students report
being sad or
hopeless for
2+ weeks in the
last 12 months

1,000,000

students did not
go to school 1+
days in the last
30 days because
they felt unsafe at
or on their way
to and from school

ONE MILLION

students
were harassed,
threatened or subject
to other forms
of cyberbullying



There are steps you can take
to **PROTECT** yourself, classmates
and community and help

PREVENT *violence*

suicides and threats...

GOOD NEWS... Individuals often show warning signs and share information **BEFORE** they are violent, attempt suicide or make threats

**In 3 separate studies,
researchers found...**



37%

of threats of violence
were sent electronically

28%

used social media



**Most mass shootings are
planned for**

6+ MONTHS

**In nearly every case,
warning signs were given.**

70% of people who complete suicide tell someone their plans or give some other warning sign.



if we
TEACH YOU *how to:*

- 1 **LOOK** for warning signs, signals & threats.
- 2 **ACT** immediately. Take it seriously.
- 3 **SAY** something to a trusted adult.

we will get
BETTER *at:*

- 1 **REDUCING** violence, threats & tragic consequences.
- 2 **CREATING** safer, healthier schools & communities.



1- look for WARNING SIGNS, SIGNALS and THREATS

WHAT IS A WARNING SIGN?

Thoughts, feelings and behaviors
that **INDICATE** significant change
and that an individual may be
in **NEED OF HELP**



WHAT IS A WARNING SIGN?

- Withdrawal from others
- Bullying or Hitting
- Negative Role Models
- Excessive Anger
- Impulsive intimidating
- Extreme mood changes
- Thoughts or plans of harming self or others
- Blames others for own failures
- Fear of riding the bus / going to school
- Will not forgive or forget the wrongs of other people
- Significant personality change
- Excessive feelings of isolation or rejection
- Dramatic changes in physical appearances

WHAT IS A WARNING SIGNAL?

**Gestures or ACTIONS, that
transmit information which
can be either OVERT or
VAGUE in nature**



WHAT IS A WARNING SIGNAL?

- Give away possessions
- Fascination with suicide
- Rigid beliefs or ideologies
- Brag about access to guns
- Fascination with weapons
- Fascinated with school shootings
- Fascination and/or writings and drawings of death
- Recruit friend to join an attack
- Warn a friend to stay away from school or an event
- Bragging about an upcoming attack

WHAT IS A THREAT?

Any communication directly or through a third party which has the intent to HARM themselves or someone



WHAT IS A THREAT?

- “Somebody should do that here.” (supporting violent act)
- “Someone should blow this place up.”
- “Life isn’t worth living.”
- “I am going to take her and her friends out.”
- “You’d be better off without me.”
- “They will regret they ever met me.”

WHERE *are*
WARNING SIGNS, SIGNALS
and THREATS found?



SOCIAL *media*
is a **PRIMARY SOURCE**
of signs, signals and threats,
followed by hallways,
lunchrooms and classrooms.

IN WHAT FORM ARE THEY FOUND?

- SPOKEN
- PHOTOS
- VIDEOS
- WRITTEN
- GESTURES
- ACTIONS & BEHAVIORS



IN WHAT FORM ARE THEY FOUND?

I'm off my meds and I've had enough. I AM BRINGING MY DADS AR15 TO SCHOOL TOMORROW AND KILLING ALL YOU WHO'VE BEEN CALLING ME

@J [redacted] someone needs to f [redacted] find you and assassinate you. like, seriously. you get off by f [redacted] up the truth. i should do it.

Jaylen Fryberg @JaylenFryberg · Aug 20
Tell me what your plan is.... You can't make a bond with anyone like the bond me and you have right now.... Tell me what your going to do...

Jaylen Fryberg @JaylenFryberg · Aug 20
Your not gonna like what happens next !! 🚨🚨

Jaylen Fryberg @JaylenFryberg · Aug 20
Your gonna piss me off... And then some shits gonna go down and I don't think you'll like it... 🚨🚨🚨

(No Subject)
July 13, 2013, 3:06 PM

I'm sorry to those who I offended over the years. I'm blind to see that I, as a human being, suck. I'm an individual who is doing an injustice to the world and it's time for me to leave. Please don't ever feel sorry for me, or cry - because I had an opportunity at life and that opportunity is over. I'm sorry that I wasn't able to love someone or have someone love me. I guess it's best though, because now I leave no pain onto anyone. The kids in school are right, I am a loser, a freak, and a fag and in no way is that acceptable for people to deal with. I'm sorry for not being a person that would make someone proud.


Verizon LTE 9:14 AM 97%

PHOTO


will die 15h



.will.die Enjoy your fame on the news... Your life is very short sweetheart, this is your last week! Times up!!



sergioo_doe, anthonyy_ca
yaboyplank TO THE PEOPLE WHO LIVE IN THE SCV AREA. THERE WILL BE A HUGE SHOOTING SOON AND ALOT /



VALENCIA HIGH SCHOOL

VALENCIA HIGH SCHOOL HAS BEEN NOMINATED TO BE SHOT UP FIRST.

**IT'S NOT JUST ABOUT
VIOLENCE AND SUICIDE.
YOU CAN ALSO HELP WITH
OTHER PROBLEMS.**

**Bullying or
being bullied**

**Abusing or
being abused
(verbally/
physically)**

**May have
an eating
disorder**

**Substance
abuse or
addiction
problem**

**May be
a sexual
predator/Being
preyed on**



2 - ACT IMMEDIATELY.
take it SERIOUSLY!

WHEN SHOULD YOU ACT?
when you SEE, HEAR OR READ a
warning sign, signal or threat,

act IMMEDIATELY

and seek help.

WHAT DELAYS ACTING IMMEDIATELY?

- “We all spoke to him and he said he would never do that.”
- “I thought someone else would tell someone.”
- “I thought they would feel better tomorrow.”
- “They are too young to hurt themselves or others.”
- “He just wants attention. It’s not real.”
- “I would say something if it was a big enough deal.”
- “I am waiting for the right moment to say something.”
- “If he was going to do something, why would he announce it publicly?”

act IMMEDIATELY TAKE IT SERIOUSLY!

- There is no “Entry Age”
- Let the experts assess the sign, signal or threat
- Individuals often announce their planned actions
 - Be an upstander, not a bystander

WHAT STOPS ACTING IMMEDIATELY?

If you tell on someone, you will be labeled a traitor, rat and/or risk of being alienated or physically hurt.



SAY SOMETHING™

- Getting someone help for their own safety and well-being and to protect yourself and others from harm.
- You want to help them.

VS.

TELLING ON SOMEONE

- Purposely trying to get someone in trouble for your own gain.
- You want to get them in trouble.

act IMMEDIATELY TAKE IT SERIOUSLY!

- When you act, you could save someone's life or the lives of others
- When you do not act (out of fear), you risk losing a friend or a classmate
- Individuals want to be helped – they may not understand that they need it, or don't know how to get it



3 - SAY SOMETHING
to a TRUSTED adult

WHO DO I SAY SOMETHING TO?

SAY SOMETHING to a trusted adult. They have the experience, knowledge and means to know how to get help for an individual.

If there is an immediate life threatening situation, follow your school's steps and/or dial 911, then seek a trusted adult for assistance.




WHO do I SAY SOMETHING to?

Examples of

trusted ADULTS



Trusted ADULTS
PARENTS / TEACHERS



Trusted ADULTS
GUIDANCE COUNSELOR /
SCHOOL PSYCHOLOGIST



Trusted ADULTS
SCHOOL POLICE /
RESOURCE OFFICER



Trusted ADULTS
RELIGIOUS LEADER



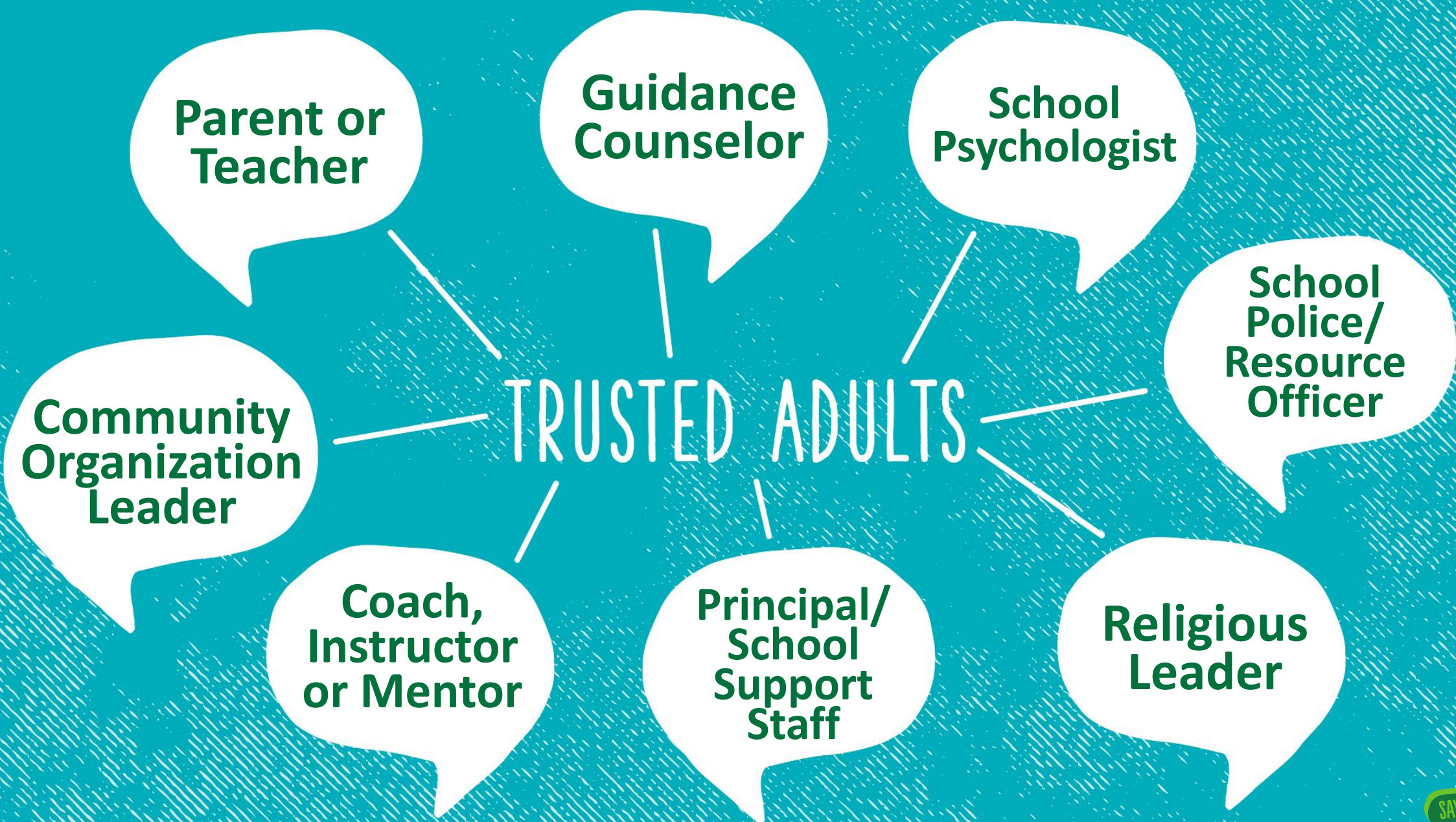
Trusted ADULTS
PRINCIPAL / SCHOOL
SUPPORT STAFF



Trusted ADULTS
COACH, INSTRUCTOR OR MENTOR



trusted ADULTS
COMMUNITY
ORGANIZATION LEADER





HOW *to have a* CONVERSATION

Before talking to an adult, gather any texts, photos, videos or other communication.

If all or some portions were spoken, then write down what you heard.

HOW *to have* a CONVERSATION

1

“I must talk to you about (name of individual)”

2

“She/He has threatened (explain)”

“I am noticing (explain) warning signs or signals.”

Share support or personal notes

3

“I need your help now to get her/him help.”

Share where adult can find the individual, parent’s name and contact information (if known)

why **SAY SOMETHING?**
You are the eyes and
ears of our school.

why **SAY SOMETHING?**
You see and hear things
others don't.

why SAY SOMETHING?
You can reduce violence,
suicide and threats.



I saved my
friend's life!

I made a
difference for
someone else!

I averted a
school
shooting.

I got help
for my friend
being physically
abused.

PROOF *that*
SAY SOMETHING *works!*



take the

PLEDGE

i promise to...



1. LOOK *for* WARNING SIGNS
SIGNALS & THREATS

2. ACT IMMEDIATELY *take it*
SERIOUSLY.

3. *say* something
TRUSTED ADULT

to help CREATE a SAFER, HEALTHIER school

SAY SOMETHINGTM

A youth violence prevention program
from **Sandy Hook PROMISE**