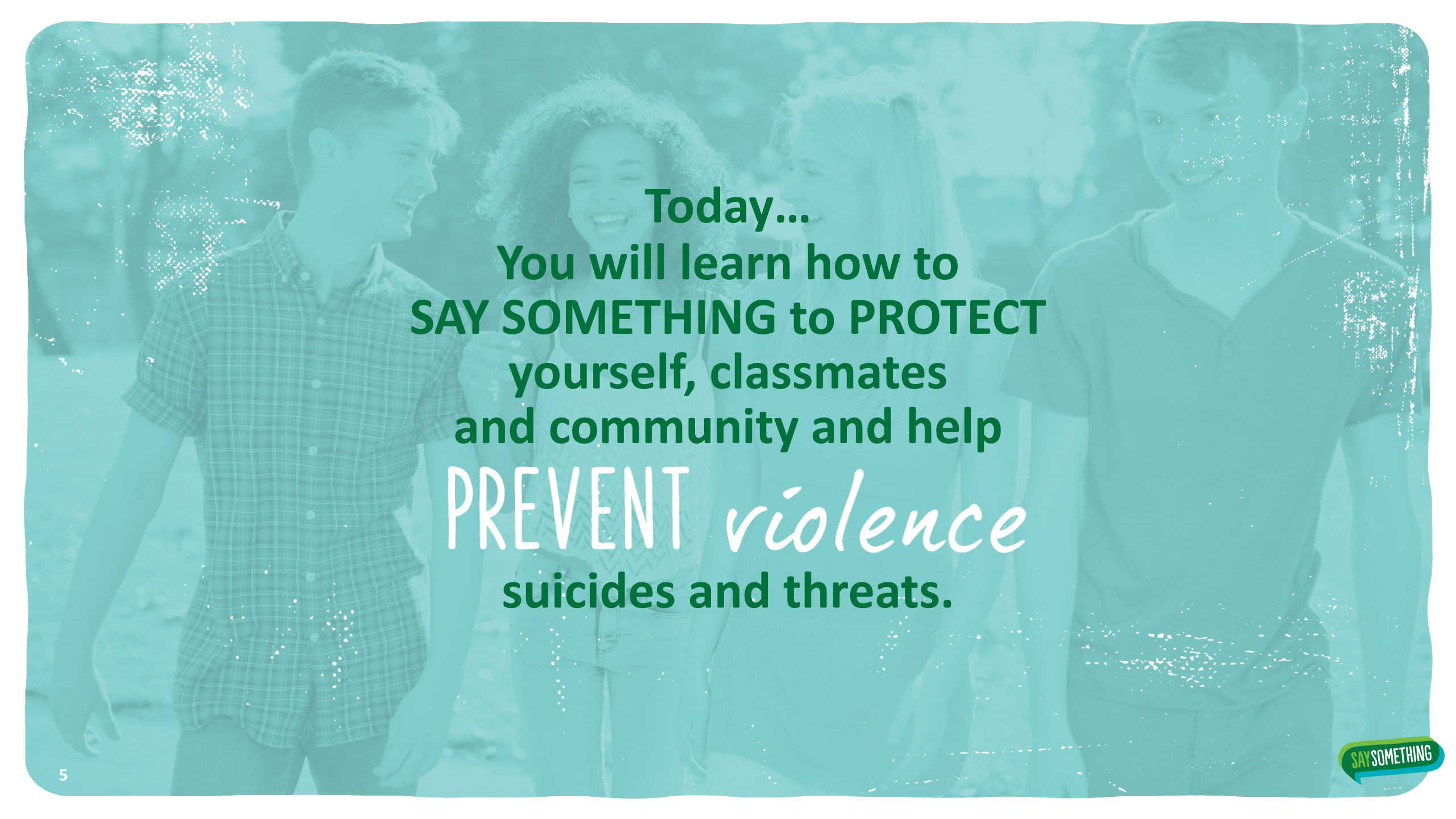


WHY didn't they

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  for WARNING SIGNS & THREATS
2. ACT IMMEDIATELY take it SERIOUSLY.
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2 - ACT IMMEDIATELY.
take it SERIOUSLY!



3 - SAY SOMETHING
to a TRUSTED adult

In a nationally representative sample of 9th -12th grade students

**WE CAN
DO BETTER!**

17%
seriously
considered suicide

19%
were bullied on
school property

32%
reported being sad
or hopeless for 2 or
more weeks in the
last 12 months

15%
were
electronically
bullied

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



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

PREVENT *violence*

suicides and threats...

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




37%

of threats of violence
were sent electronically

28%

used social media



**77% of active shooters spend
a week or longer planning
their attack.***

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

*A Study of the Pre-Attack Behaviors of Active Shooters in the United States Between 2000-2013. Federal Bureau of Investigation.

**The Safe School Initiative. The US Department of Education and the US Secret Service, National Threat Assessment Center.

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 **SHOW** 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
- Extreme mood changes
- Feelings of rejection
- 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
- A big personality change
- Feelings of isolation
- Dramatic changes in physical appearances

WHAT IS A WARNING SIGNAL?

**Gestures or ACTIONS that can be
either OBVIOUS or
UNCLEAR**



WHAT IS A WARNING SIGNAL?

- Give away possessions
- Fascination with suicide
- Rigid beliefs
- Brag about access to guns
- Fascination with weapons
- Fascination 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?

When a person communicates
an intent to HARM
themselves or someone else



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 **MAIN 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
- ARTWORK



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

Jaylen Fryberg (Jaylen) - 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 (Jaylen) - Aug 20
Your not gonna like what happens next !! 🚩

Jaylen Fryberg (Jaylen) - 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!

- Students of all ages can Act Immediately and Take It Seriously
- Let YOUR TRUSTED ADULT decide the seriousness of 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 called a traitor, rat and/or at 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 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



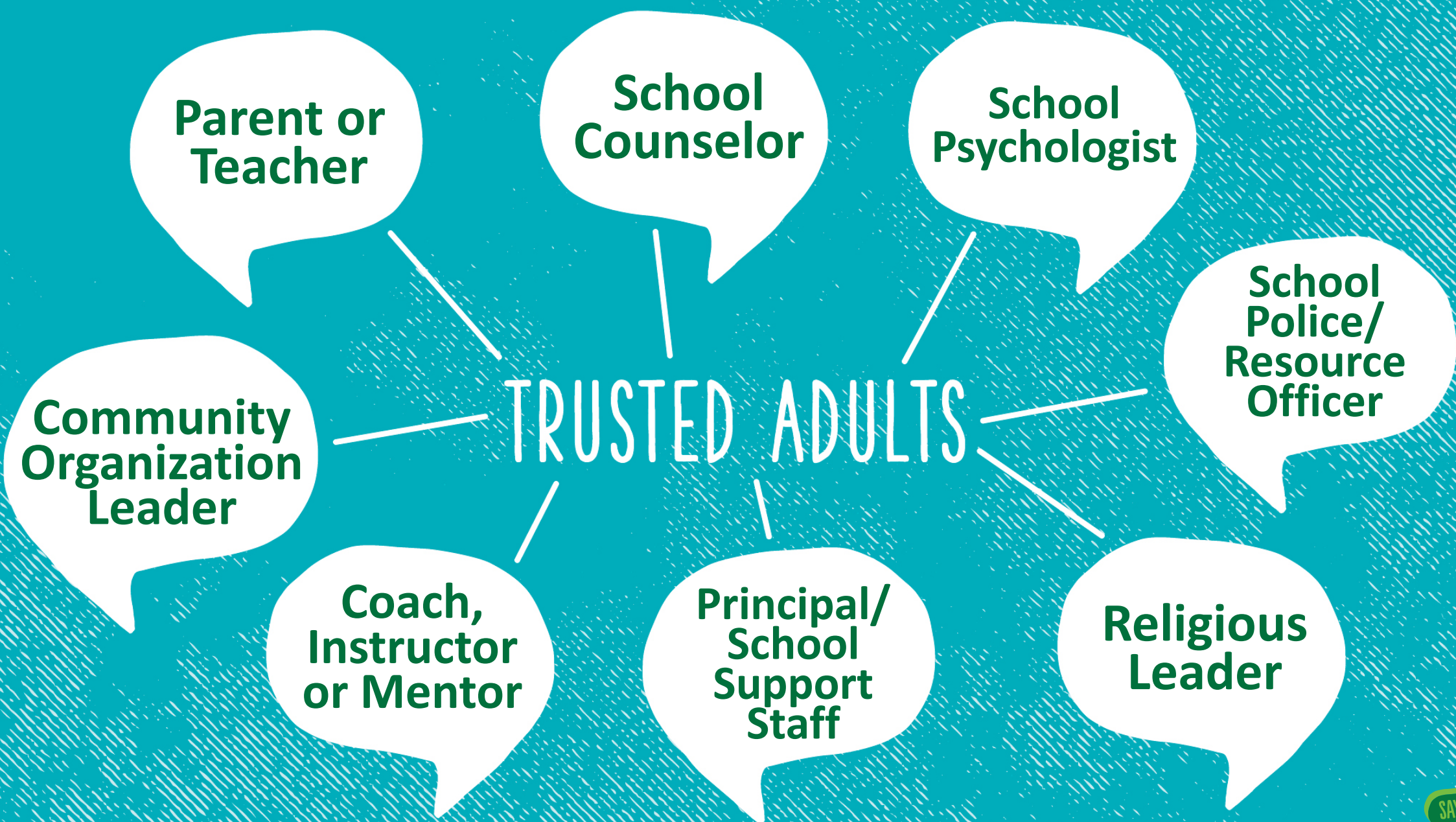
3 - SAY SOMETHING
to a TRUSTED adult

WHO DO I SAY SOMETHING TO?

SAY SOMETHING to a trusted adult. They have the experience and knowledge 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.





HOW *to have a* CONVERSATION

Go to a Trusted Adult immediately and bring any texts, photos, videos or other communication you have available.

If the conversation was spoken, then write down what you heard when you meet with a Trusted Adult.

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

The background of the slide is a repeating pattern of speech bubbles. Some are solid white, while others are filled with a teal color and have a white hatched or scribbled texture. A large, dark green speech bubble is centered on the page, containing the main text.

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.



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**