

# SAFE SAY™

## SOMETHING



Sandy Hook  
**PROMISE**

# Content Warning

This training includes discussions and images around such topics as violence, bullying, suicide, and self-harm.

This may be difficult for some students. If you are concerned about any of this content now, during, or after this training, please let your teacher, counselor or another staff member know immediately.





**TODAY YOU WILL LEARN**

**THREE STEPS THAT WILL  
HELP YOU KEEP YOUR  
FRIENDS AND CLASSMATES  
SAFE FROM HURTING  
THEMSELVES OR OTHERS**



1

**RECOGNIZE**

**WARNING SIGNS**

**AND THREATS**





**2**

**ACT**

**IMMEDIATELY**

**TAKE IT SERIOUSLY**





3

**SAY  
SOMETHING**







**OVERALL,  
SCHOOLS' ARE SAFE**





**HOWEVER...**  
**SCHOOLS ARE NOT**  
**IMMUNE TO VIOLENCE,**  
**SUICIDE OR THREATS**



# 20%

of students report  
being bullied

# 59%

of students ages 14–17  
have witnessed violence  
in their community

# 17%

of students seriously  
consider suicide

average of

# 20

school shootings  
per year



NETWORK

8:19



Instagram



[Redacted]



[Redacted]

I just want to end my pain

13 MINUTES AGO

I just want to end my pain



Don't come 2 school tomorrow  
if you wanna live.







**IT'S IMPORTANT  
TO KNOW THAT**

**PEOPLE OFTEN SHOW WARNING  
SIGNS BEFORE THEY HURT  
THEMSELVES OR OTHERS**



# SCHOOL SHOOTERS

**100%** of school attackers exhibited warning signs before their attack



# CYBERBULLYING

**59%** of teens reported  
being cyberbullied



# SELF-HARM

Young people who self-harm are more likely to tell a peer and seek help from a friend rather than an adult



1

**RECOGNIZE**

**WARNING SIGNS**

**AND THREATS**





# WHAT IS A WARNING SIGN?

Something someone says or does  
that shows they may be  
**PLANNING TO HARM**  
themselves or others



# **WARNING SIGNS** A PERSON MAY BE PLANNING TO HARM OTHERS

- Being obsessed with weapons or school shootings
- Talking about hurting other people
- Talking or posting about an upcoming attack
- Bringing a weapon to school



# **WARNING SIGNS** A PERSON MAY BE PLANNING TO HARM THEMSELVES

- Feeling like things will never get better
- Talking about wanting to die
- Talking about a plan to die
- Cutting or burning themselves



# **WARNING SIGNS** OF SOMEONE WHO MAY BE IN CRISIS

- Big changes in personality or appearance
- Withdrawal from friends and activities
- Refusing to go to school
- Being physically or verbally abused



# **WARNING SIGNS** OF SOMEONE WHO MAY BE IN CRISIS

Being bullied or bullying others based on real or perceived differences, including any of the following:

- Race
- Gender
- Sexual Orientation
- Religion
- Disability
- Body Type



# WHAT IS A THREAT?

When someone communicates  
that they **PLAN TO HARM**  
themselves or others



# EXAMPLES OF **THREATS** TO HARM OTHERS

“I am going to take them all out.”

“They will regret they ever met me.”



# EXAMPLES OF SUICIDAL THREATS

“I’m going to kill myself.”

“I’m going to end it all.”



# WHERE ARE **WARNING** **SIGNS** AND **THREATS** FOUND?

Anywhere and everywhere



# WHERE ARE **WARNING** **SIGNS** AND **THREATS** FOUND?

The classroom, hallways, the cafeteria, the bus, at home, parties, and sporting events



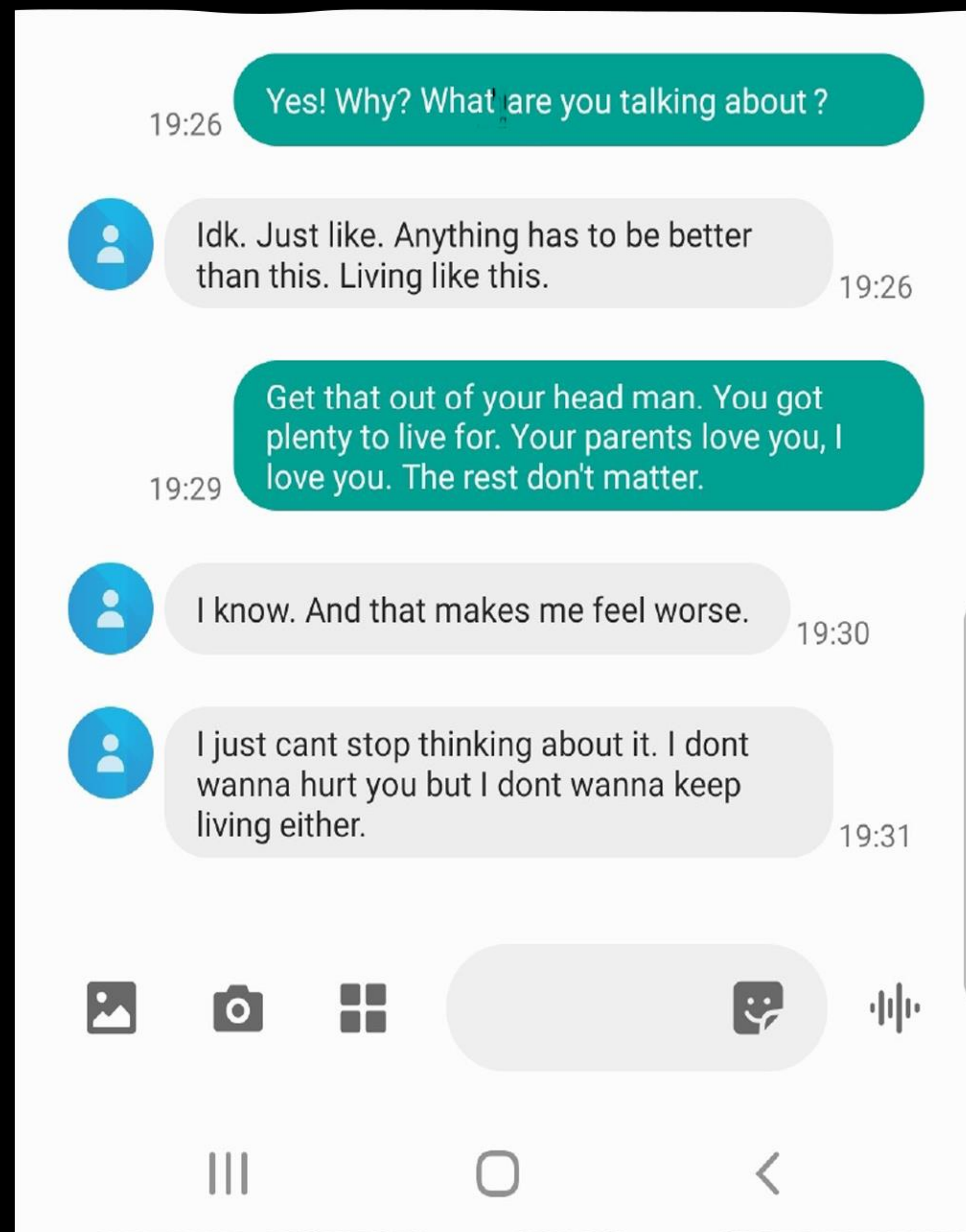
A photograph showing three people from the waist down, holding smartphones. The person on the left is wearing a black jacket and a yellow shirt, holding a white smartphone displaying a blue sky with bare trees. The person in the middle is wearing a black jacket, holding a rose gold smartphone displaying a dark, abstract image. The person on the right is wearing a black jacket, holding a white smartphone displaying a photo of a man and a woman. They are standing on a paved surface.

# SOCIAL MEDIA

Is a **MAIN SOURCE**  
of warning signs  
and threats



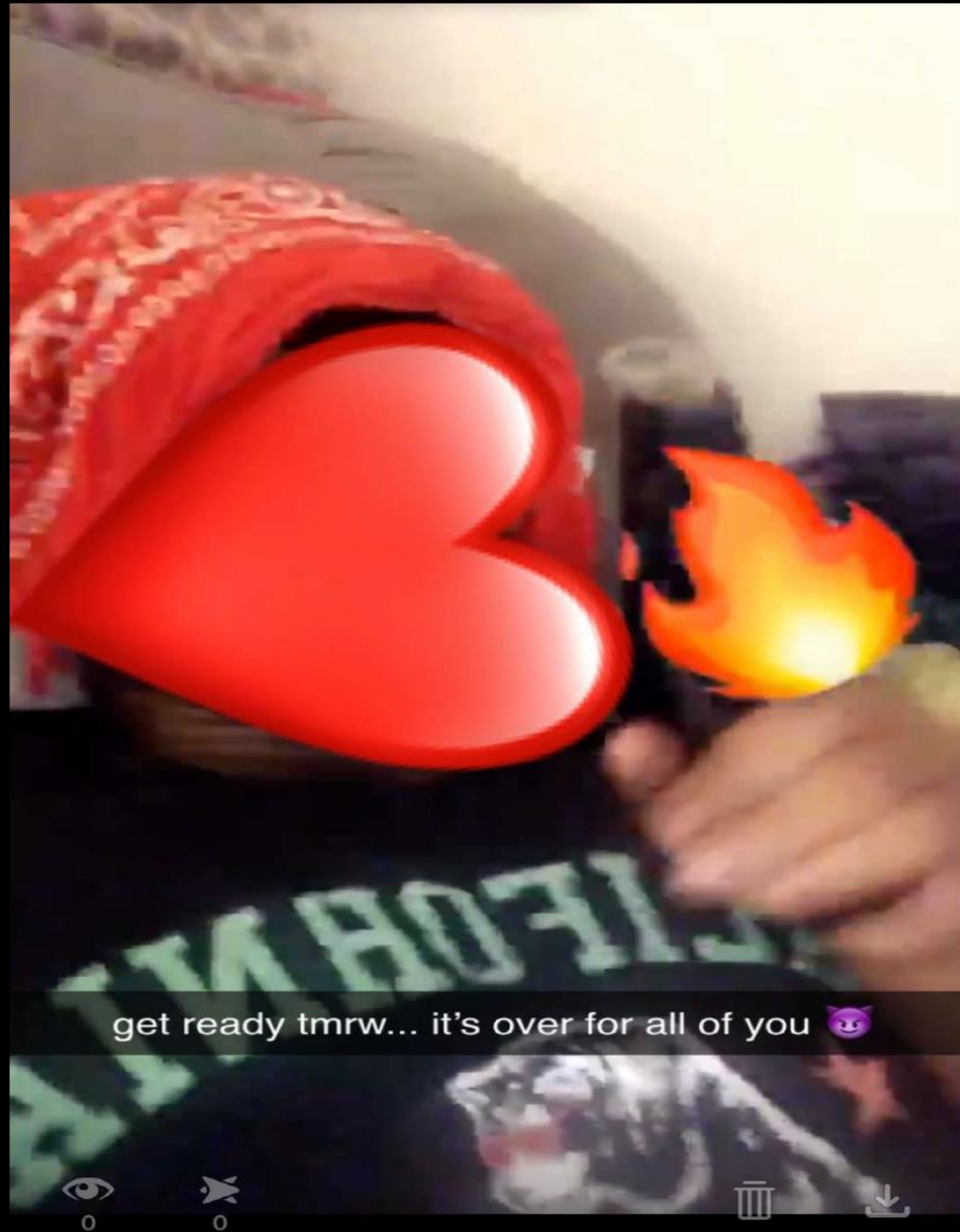
Anything has to be better  
than this. Living like this.





3:57

LTE



It's over for all of you.



I know a big secret about her.

Yea

You control the HS Tea page right?

Maybe... Y?

Cuz I wanna add something about this girl in my 6th period, who decided to date my Ex. I know a big secret about her.

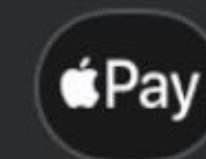
Read Yesterday



Send it. If it's good, it will be added.  
✌️



iMessage





# STUDENT ACTIVITY

Write down three  
examples of warning signs



**2**

**ACT**

**IMMEDIATELY**

**TAKE IT SERIOUSLY**





**ACT IMMEDIATELY**

**WHEN YOU SEE OR HEAR A  
WARNING SIGN OR THREAT  
AND GET HELP**



**WHAT ARE SOME REASONS WE MAY NOT  
ACT IMMEDIATELY?**

“She’s too young to hurt herself.”

“I thought someone else would do something about it.”

“He just wants attention.”



**WHAT ARE SOME REASONS WE MAY NOT  
ACT IMMEDIATELY?**

“My friend will be mad at me.”

“My friend won’t trust me anymore.”

“My mom told me to stay out of other people’s business.”



**ONE OF THE BIGGEST  
REASONS THAT CAN STOP  
YOU FROM  
ACTING IMMEDIATELY**

**THINKING YOU WILL  
BE CALLED A SNITCH**

# SNITCHING

**VS.**

# SAY SOMETHING

Trying to get someone in trouble for your own gain

Getting someone help for their own safety and protecting others from harm



**ACT IMMEDIATELY**

**TAKE IT SERIOUSLY**

Be an UPSTANDER,  
not a bystander

# STUDENT ACTIVITY

Write down two reasons someone  
may not act immediately



3

**SAY  
SOMETHING**





# TRUSTED ADULTS



Teacher



School Administrator



School Counselor



Coach



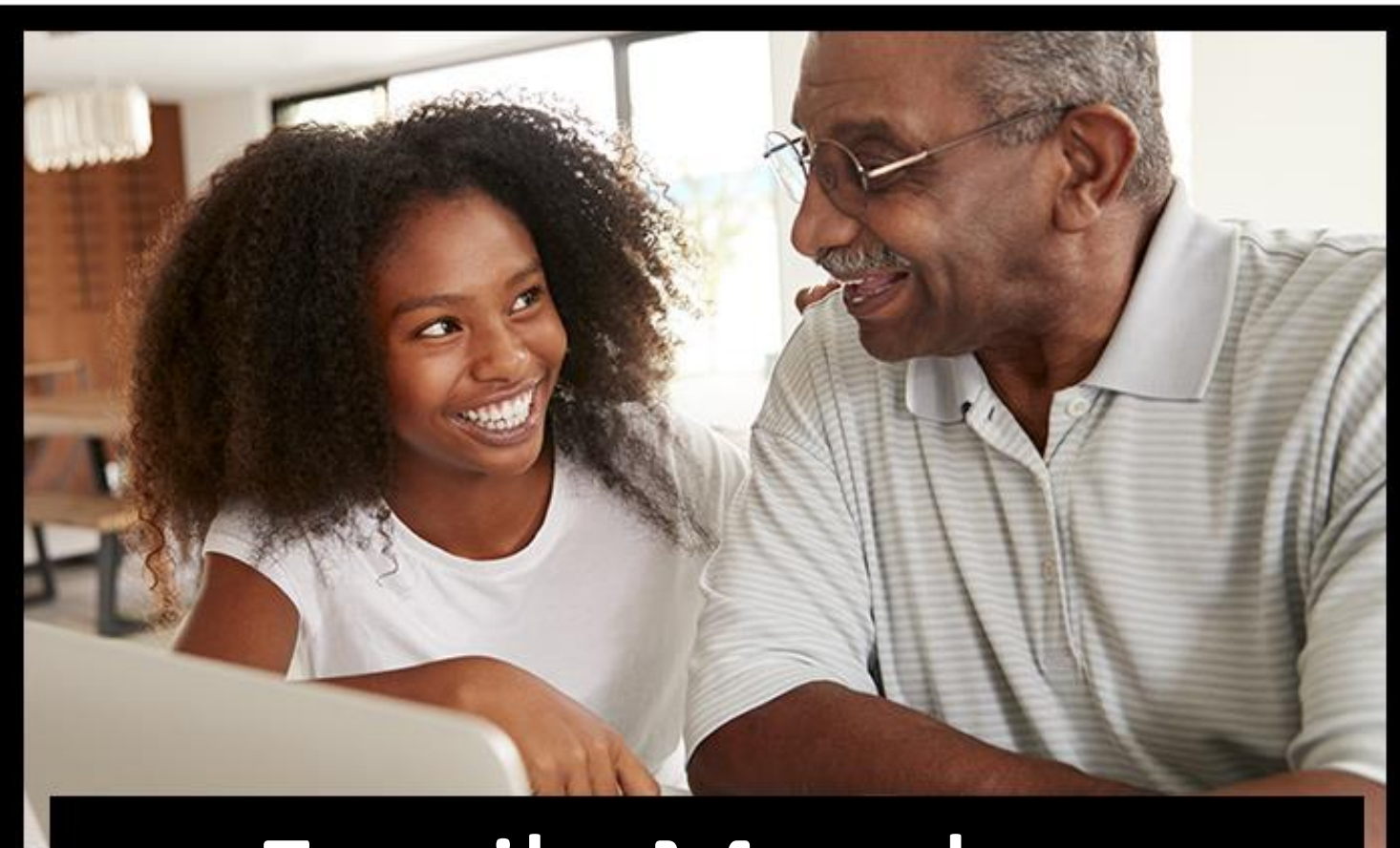
# TRUSTED ADULTS



Parent or Guardian



Mentor



Family Member



Community Leader



# HOW TO HAVE A CONVERSATION

## STEP **1** I'M CONCERNED ABOUT...

Tell your **Trusted Adult** who you are concerned about.

“I’m concerned about my friend...”



# HOW TO HAVE A CONVERSATION

## STEP 2 BECAUSE...

Describe what warning signs or threats you are seeing and bring any texts, videos or pictures you may have.

“I’m concerned about my friend because he’s being bullied...”

# HOW TO HAVE A CONVERSATION

## STEP 3 AND I NEED YOUR HELP TO...

Tell your **Trusted Adult** what you would like their help with.

“I’m concerned about my friend because he’s being bullied and I need your help to make it stop.”



# HOW TO HAVE A CONVERSATION

## STEP 1 I'M CONCERNED ABOUT...

Tell your Trusted Adult  
who you are concerned  
about.

## STEP 2 BECAUSE...

Describe what warning  
signs or threats you are  
seeing and bring any  
texts, videos or pictures  
you may have.

## STEP 3 AND I NEED YOUR HELP TO...

Tell your Trusted Adult  
what you would like  
their help with.

# STUDENT ACTIVITY

1. Write down who your Trusted Adult is and two reasons why they are your Trusted Adult.
2. Within the next week, tell your Trusted Adult one reason why you chose them to be your Trusted Adult.



LET'S TALK ABOUT



Call 911 when there is an emergency  
and then tell a **Trusted Adult**

**LET'S TALK ABOUT**



Calling 911 may seem difficult





## Emergencies

- Someone threatens to kill people and shows you a weapon
- Someone threatens to take their own life and has access to pills or a weapon
- Someone is unconscious



## **Non-Emergencies**

- Someone stops coming to school. Still tell a Trusted Adult.
- Someone is very upset and angry but not threatening anyone. Still tell a Trusted Adult.
- Someone looks different than you but is not doing anything wrong.



# TALK WITH YOUR **TRUSTED ADULT**

If you have questions about when to call 911,  
talk with your **Trusted Adult**



**WHAT IF YOU CAN'T TELL A  
TRUSTED ADULT OR YOU WANT  
TO REMAIN ANONYMOUS?**



**SUBMIT YOUR TIP  
ANONYMOUSLY**

**24/7 – 365 Days a Year**



**mobile app**



**1-844-SAF2SAY**



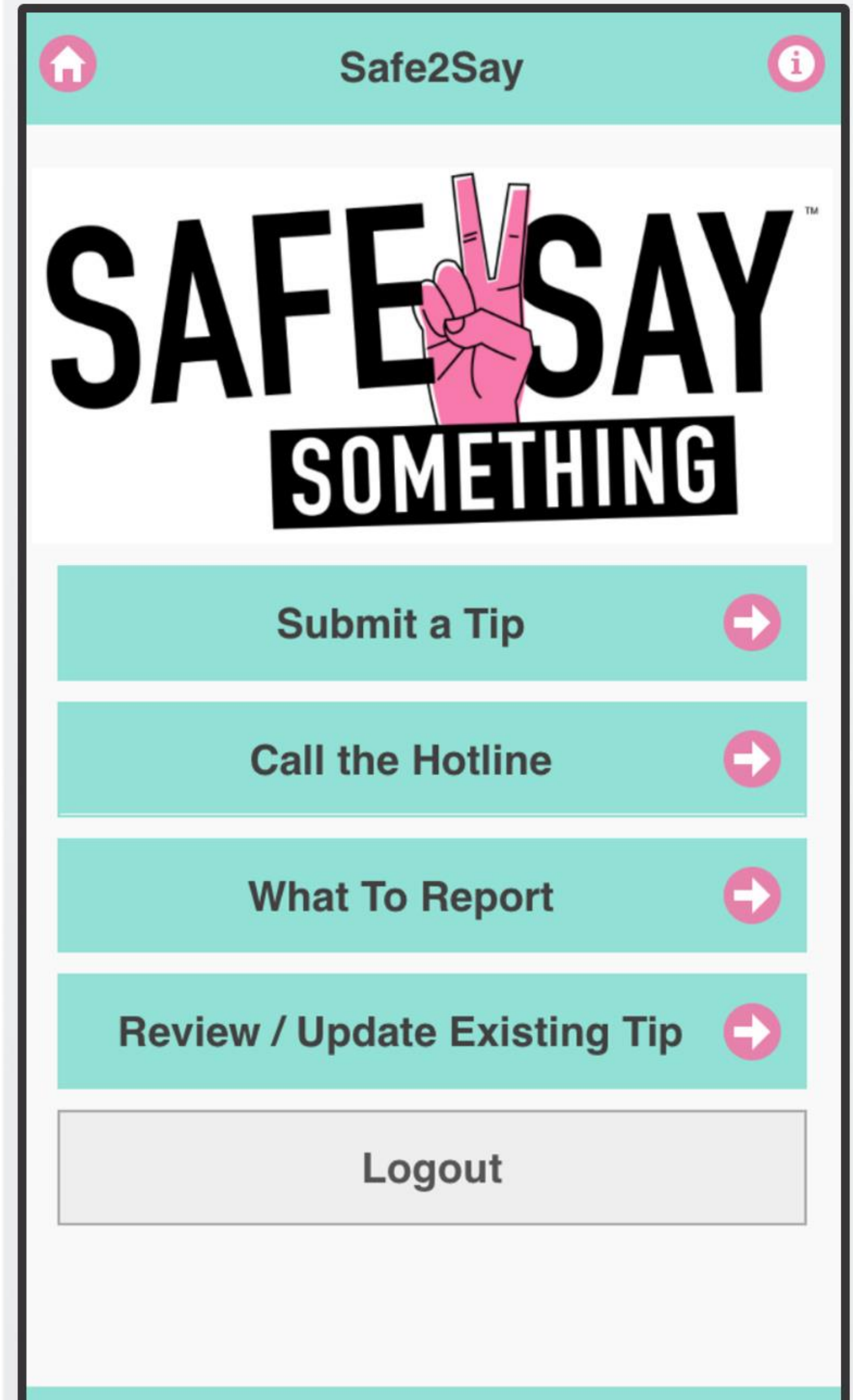
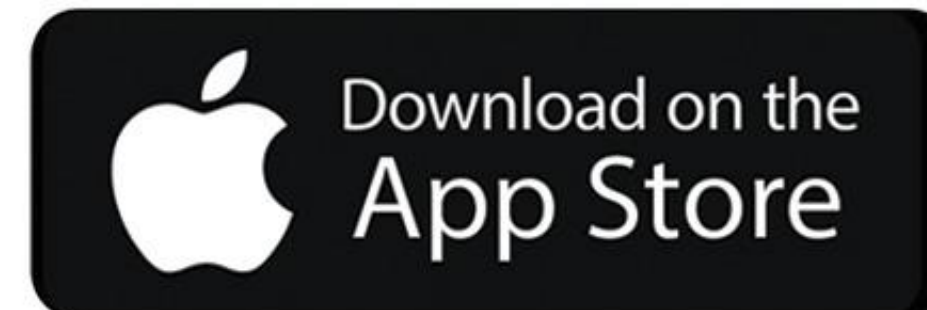
**Safe2SayPA.org**

# HOW DO I USE THE APP?

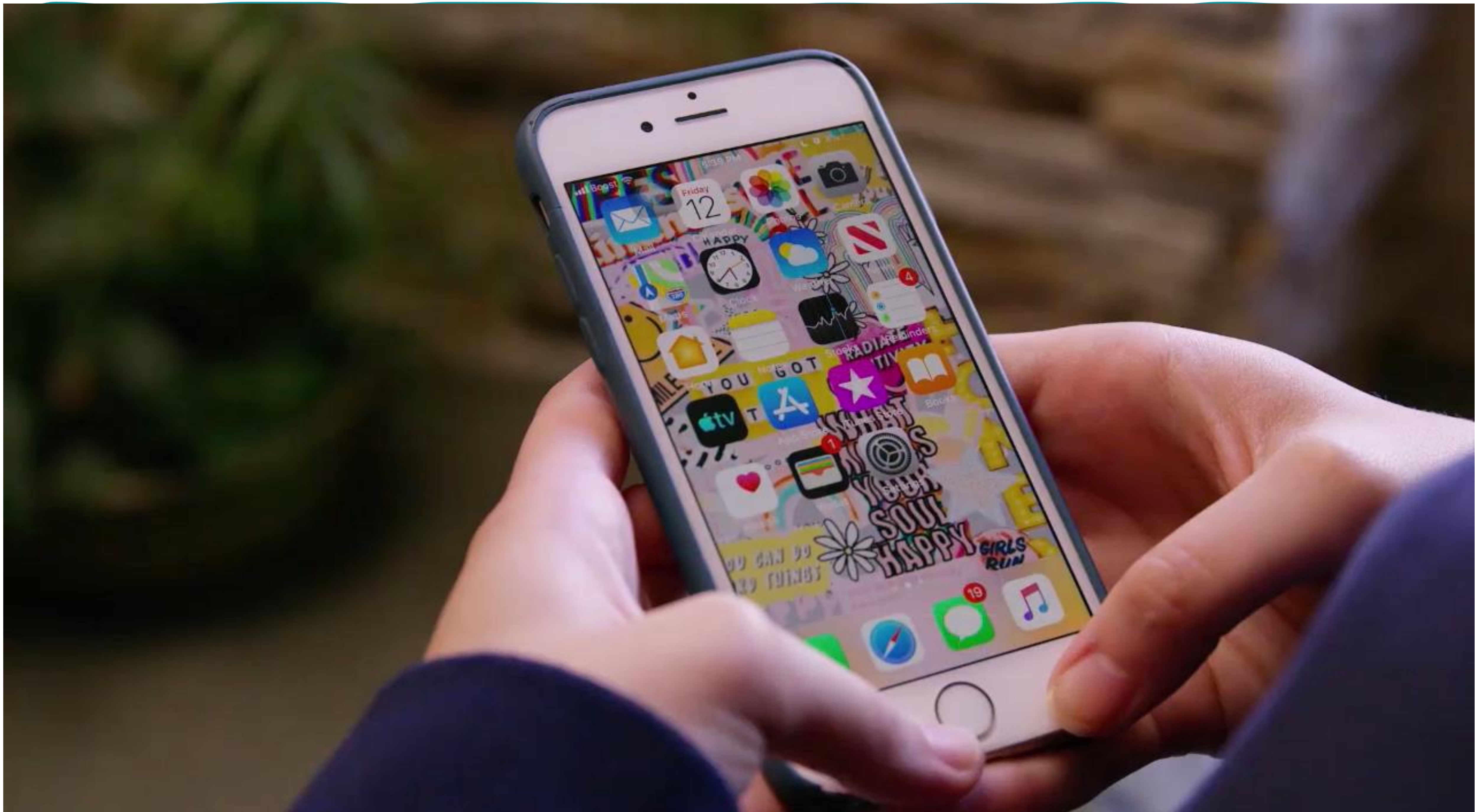
DOWNLOAD THE APP ON YOUR  
PHONE OR MOBILE DEVICE

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SEARCH FOR  
“SAFE2SAY SOMETHING PA  
ANONYMOUS REPORTING SYSTEM”









# HOW DO I SUBMIT A TIP ON THE WEBSITE?

## SAFE2SAYPA.ORG

[Follow-up on a tip](#) [Submit an anonymous tip online](#)



[WHAT IS  
SAFE2SAY  
SOMETHING?](#) [FOR  
STUDENTS](#) [FOR  
PARENTS &  
EDUCATORS](#) [FREQUENTLY  
ASKED  
QUESTIONS](#)

 1-844-SAF2SAY  
723-2729

 GET THE APP



### Submit a tip

Call 911 if this is an emergency or a crime in progress.

Description of Concern/Event ^

School

Type the Name of the School or City

Event Description: (Including... Who, What, When, Where and How Do You Know)



# HOW DO I SUBMIT A TIP BY PHONE?

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**1-844-SAF2SAY**

**1-844-723-2729**

An analyst will be standing by to take your tip and will work with you to gather the necessary information

# HOW DO I SUBMIT A TIP BY PHONE?

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**1-844-SAF2SAY**

**1-844-723-2729**

**At the end of the call, you will receive a Tip Number and Password to allow you to:**

- Log in online and provide new and/or additional information
- Exchange private messages requesting additional anonymous information from you

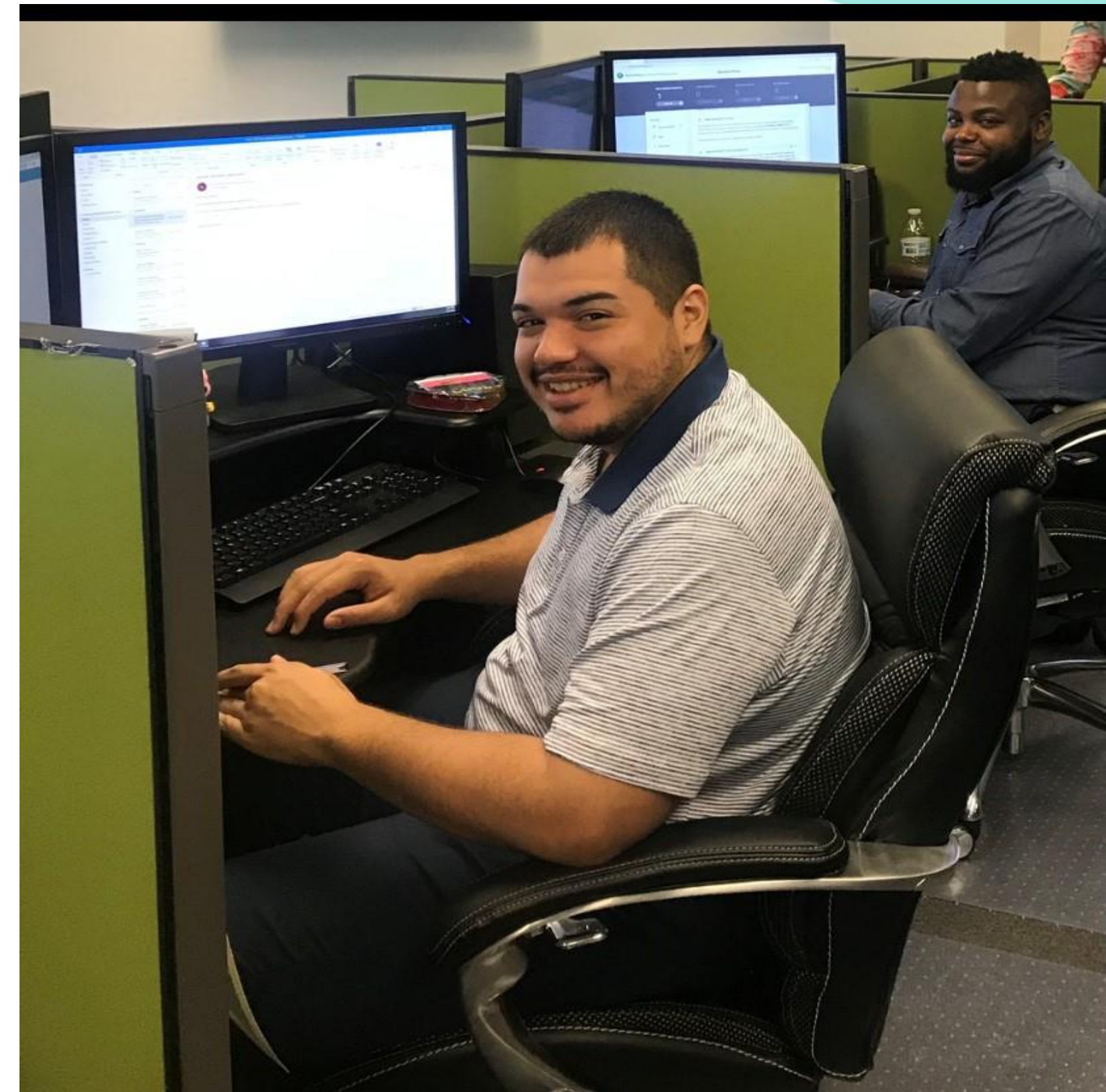


# ANALYSTS



**Caring**

**Experienced**



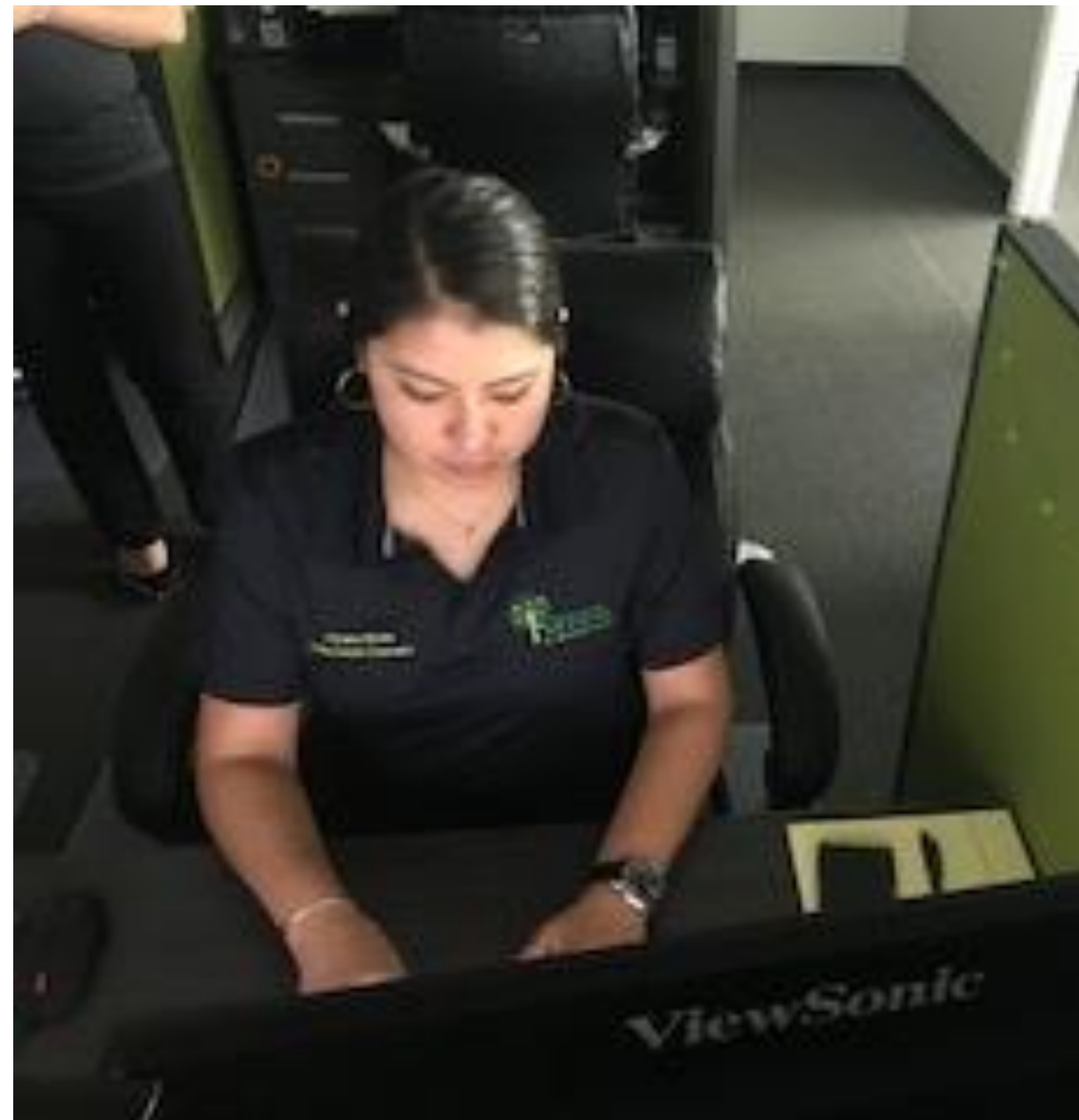
**Helpful**



# ANALYSTS

**Available 24/7**

**Contact the Crisis Center**  
if a CLASSMATE is displaying  
WARNING SIGNS or  
communicating THREATS



**Contact the Crisis Center**  
if YOU are displaying  
WARNING SIGNS or  
communicating THREATS



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To learn more, go to: [sandyhookpromise.org](https://sandyhookpromise.org)  
and search for **SAVE Promise Clubs**









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**WHY**

**SAY SOMETHING?**

**You are the eyes and  
ears of your school**





**WHY**

**SAY SOMETHING?**

**You SEE and HEAR  
things others don't**





**WHY**

**SAY SOMETHING?**

**You can reduce violence,  
suicide and threats**





# STUDENT ACTIVITY

What are the three  
*Say Something* steps?



# Follow + Tag!



**@sandyhook on Twitter**

**@sandyhookpromise on Instagram + Facebook**



**@nationalsave**



**#SandyHookPromise #SAVEPromiseClub**

**#StartWithHello #SaySomethingSavesLives**

# SAFE SAY<sup>TM</sup>

## SOMETHING

