

Warning Signs

By knowing the signs of potential violence, we have the power to intervene and get help for someone who may be in crisis.

One warning sign on its own does not necessarily mean a person is planning an act of violence. But when many connected or cumulative signs are observed over a period of time, it could mean that the person is heading down a pathway towards violence or self-harm. Take the warning signs you recognize seriously. Act immediately to get help. In the event of a life-threatening emergency, immediately call 911 or 988 (the National Suicide Prevention Lifeline). Pay attention to these warning signs, keeping in mind that this is not a comprehensive list.



Some preventive measures that support the wellbeing of youth include boosting connections among peers and with Trusted Adults, strengthening empathy and compassion, and helping young people embrace their identities and find their voices. Sandy Hook Promise's *Know the Signs* programs empower youth and adults to prevent school violence, shootings, and other harmful acts.

Signs of Loneliness and Social Isolation

- Feeling disconnected from social networks and communities
- Sudden withdrawal from people and activities
- Excluded from social opportunities and resources
- Voice and perspectives are often overlooked or undervalued
- Being bullied by others based on real or perceived differences

Signs of Potential Harm to Others

- Making overt threats of violence in pictures, videos, social media, spoken or written word
- Obsessive study of violent online content, mass shooters, or weapons
- Bullying others based on real or perceived differences
- Sharing details about an upcoming attack
- Bringing a weapon into school or common place
- Cruelty to animals

Signs of Potential Harm to Self

- Having suicidal ideations
- Sharing plans about wanting to die
- Self-reporting feelings or expressions of hopelessness, guilt, or worthlessness
- Self-harming such as cutting or burning themselves

Signs of Potential Crisis

- Noticeable changes in personality or appearance
- Being physically or verbally abused
- Engaging with people or groups that may reinforce harmful behaviors or perspectives
- Decrease in participation in extracurricular activities
- Decline in schoolwork, grades, or attendance
- Challenges managing stress and navigating emotions

Learn more here:

www.sandyhookpromise.org/programs