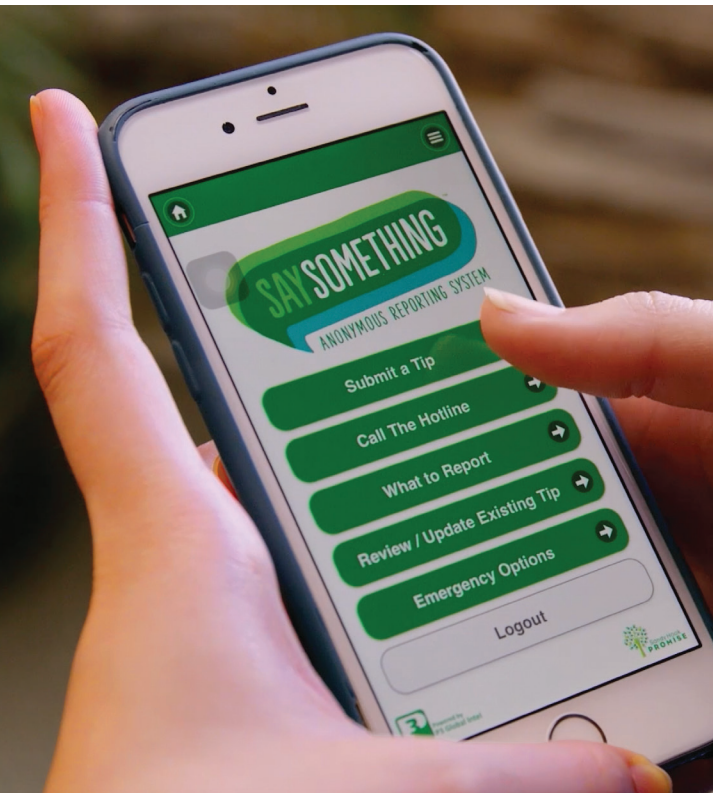




# The Say Something Anonymous Reporting System

**LIFE-SAVING COMPANION TO THE SAY SOMETHING VIOLENCE PREVENTION PROGRAM**







ADDING THE **SAY SOMETHING** ANONYMOUS REPORTING SYSTEM AS A COMPANION TO THE CORE TRAINING ENSURES THAT YOUR SCHOOL COMMUNITY HAS ACCESS TO A TRUSTED ADULT ON-DEMAND.

# SCHOOL SHOOTINGS AND VIOLENCE ARE PREVENTABLE: KNOW THE SIGNS AND TELL A TRUSTED ADULT TO GET HELP.

Advanced research on school shootings and violence reveals one commonality: before every mass shooting attack, act of violence, or suicide, there are warning signs. Once we know the signs, we can get help to intervene.

## SANDY HOOK PROMISE'S SAY SOMETHING ANONYMOUS REPORTING SYSTEM PROVIDES THAT CRITICAL FORMULA:



Sandy Hook Promise (SHP) teaches young people how to recognize warning signs and threats of violence — especially on social media — from individuals who may be in crisis and “say something” to a Trusted Adult. They can find a safe space and Trusted Adult by reaching out to our *Say Something* Anonymous Reporting System (*Say Something* ARS).

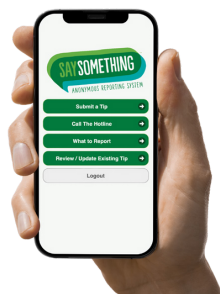
The *Say Something* Anonymous Reporting System (*Say Something* ARS) is a companion to the core training that ensures your school community has access to a Trusted Adult on demand.



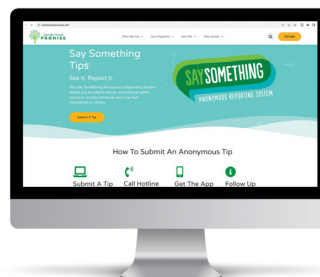
## HOW TO SUBMIT A TIP 24/7/365



Text



Mobile App



Website

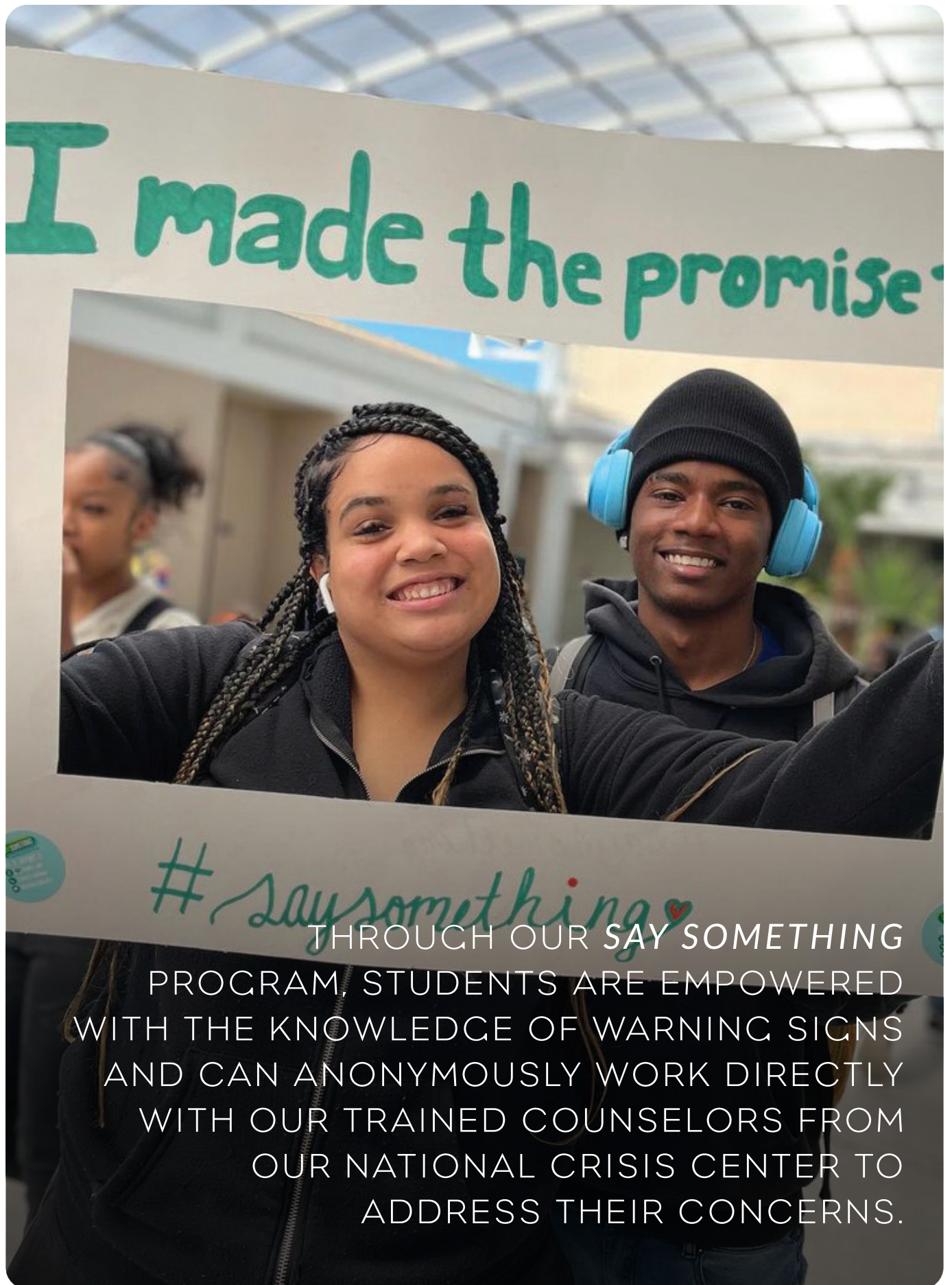


Phone

## WHY OUR ANONYMOUS REPORTING SYSTEM IS DIFFERENT


	Other Anonymous Reporting Systems (ARS)	<i>Say Something</i> Anonymous Reporting Systems
<b>Tips and Alerts</b>	Flags content on school-issued devices and blocks content deemed dangerous.	Tipsters are taught to identify concerns on personal and school-issued devices, social media, observed behavior, etc.
<b>Crisis Management</b>	Hotlines may serve as a chat line for students in crisis. Often, the ARS reaches out to the school regarding serious reports.	<p>Tips are managed by SHP's accredited National Crisis Center, the only center of its kind exclusively serving school communities 24/7/365.</p> <p>The Crisis Center engages in a direct, two-way dialog with tipsters to gather information, collaborate with the school team, district team, and law enforcement, and manage interventions.</p>
<b>Adult User Training</b>	N/A	Adults in the school community are also trained in the warning signs of violence. District and school teams receive specialized training on tip management to ensure tips are handled appropriately.
<b>Account Management Plan</b>	N/A	Dedicated account management team provides ongoing support for users including technical support, training and recommendations for best practices in the field of violence prevention and school safety.
<b>Law Enforcement Training</b>	N/A	Crisis Center establishes a relationship with local law enforcement and provides training on collaborative tip management and rapid response.
<b>In-Person Training Option</b>	N/A	In-person training is available to schools with technology challenges, special needs, etc. Training is additionally offered remotely or digitally on-demand.
<b>Costs</b>	For-profit business	<i>Say Something</i> ARS is part of Sandy Hook Promise, which is a nonprofit organization. Costs are heavily subsidized by Sandy Hook Promise through grants and donor contributions.





THROUGH OUR SAY SOMETHING PROGRAM, STUDENTS ARE EMPOWERED WITH THE KNOWLEDGE OF WARNING SIGNS AND CAN ANONYMOUSLY WORK DIRECTLY WITH OUR TRAINED COUNSELORS FROM OUR NATIONAL CRISIS CENTER TO ADDRESS THEIR CONCERNS.



A person with long brown hair is sitting on a wooden bench, holding a white tablet. The tablet screen displays the 'SAY SOMETHING' app interface, which has a green and white color scheme. The app title 'SAY SOMETHING' is at the top in a green oval, with 'ANONYMOUS REPORTING SYSTEM' below it. The main menu consists of several green buttons with white text: 'Submit a Tip', 'Call The Hotline', 'What to Report', 'Review / Update Existing', 'Emergency Options', and 'Logout'. The person's right hand is touching the 'What to Report' button. The background is a rustic wooden bench.

...RESEARCHERS FOUND THAT THE **SAY SOMETHING** ANONYMOUS REPORTING SYSTEM "IMPROVED THE LIKELIHOOD OF SELF-EFFICACY AND INTENTION TO REPORT THREATS OF VIOLENCE."



# OUR ANONYMOUS REPORTING SYSTEM HAS PROVEN RESULTS

## Empowering Students to Speak Up

Anonymous reporting systems (ARS) are associated with fewer school-based violent behaviors and have the strongest effect compared to any other type of prevention strategy. In August of 2022, the Journal of School Violence published "The Effectiveness of the *Say Something* Anonymous Reporting System in Preventing School Violence: A Cluster Randomized Control Trial in 19 Middle Schools." Researchers found that the *Say Something* ARS training and its approach to school safety worked and provided a successful, sensible solution for students to get help quickly and effectively.

## Feeling Safer at School

Examining more than 700 students in Miami-Dade County Public Schools over nine months, researchers found that the *Say Something* Anonymous Reporting System "improved the likelihood of self-efficacy and intention to report threats of violence." The study also found that interventions also promoted a "safer perception of school safety" with less school violence.

The research also showed that *Say Something* ARS impact and improvement grew over time. After three months, and again at nine months, students' willingness to report warning signs continued to rise. Also, students reported feeling safer at school after using the program.



## WHAT PEOPLE ARE SAYING ABOUT THE SAY SOMETHING ANONYMOUS REPORTING SYSTEM

*Creating a Culture of Upstanders, Empowering Communities, and Saving Lives*

“

We see students sometimes afraid to come forward and tell teachers and administrators what they know is happening in school. The *Say Something* Anonymous Reporting System allows them to report at any time, 24 hours a day, danger that they may see. I know children appreciate that.

—North Carolina Deputy Superintendent

”

“

Because of the *Say Something* Anonymous Reporting System, we have saved children's lives.

—Director of Student Services, Pinellas County Schools, Florida

”

“

Because of the anonymous reporting system at my school, more students are outspoken, more are sharing their thoughts, and more people are now getting the help they need. ...It can do nothing but help and make you feel safe.

—High School Student

”

## POTENTIAL TRAGEDY AVERTED BECAUSE OF A SAY SOMETHING ANONYMOUS REPORTING SYSTEM TIP

A tragedy was averted in North Carolina when Sandy Hook Promise's National Crisis Center received multiple calls and texts through the *Say Something* Anonymous Reporting System, about a student's violent plan for a mass school shooting attack.

The Crisis Center team worked with district officials and local authorities to uncover the direct threat indicating that the student intended to do harm at the elementary, middle, and high schools in Elkin City. The *Say Something* anonymous tips led to the district shutting down all schools for the day for further investigation. Later, an arrest was made as the threat was determined to be credible. The student had both a plan and access to a weapon.

“

If it wasn't for those students speaking up, the day could have ended in tragedy,” said Superintendent Myra Cox. “The *Say Something* program gave students the information and anonymous reporting tools they needed to take action.

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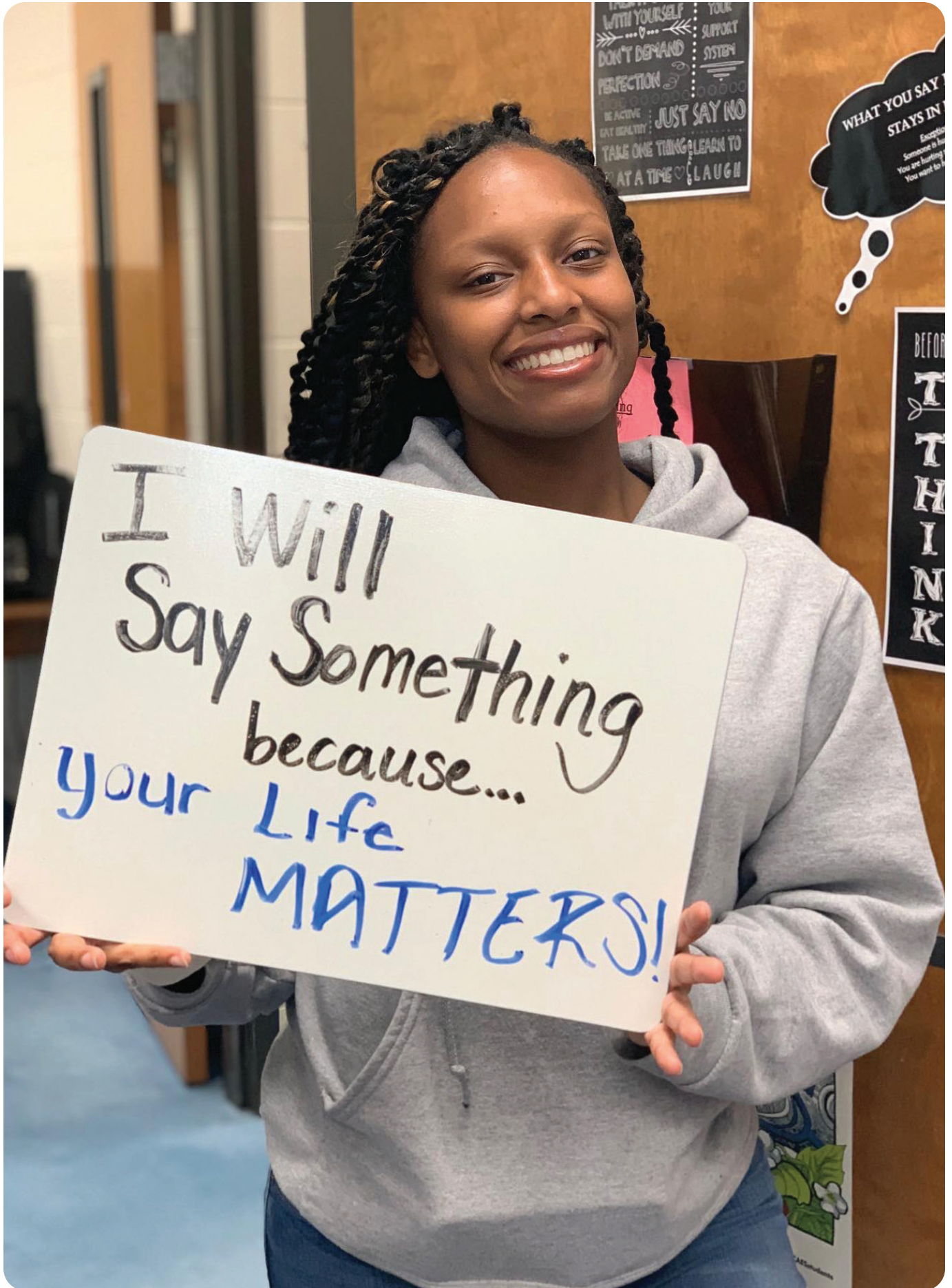




1. **LOOK** *for* WARNING SIGNS & THREATS
2. **ACT IMMEDIATELY** *take it SERIOUSLY.*
3. **SAY SOMETHING** *to a TRUSTED ADULT*  
OR SUBMIT AN ANONYMOUS TIP

THE CRISIS CENTER TEAM WORKED WITH DISTRICT OFFICIALS AND LOCAL AUTHORITIES TO UNCOVER THE DIRECT THREAT INDICATING THAT THE STUDENT INTENDED TO DO HARM.









## TEEN CREDITS THE SAY SOMETHING ANONYMOUS REPORTING SYSTEM WITH HELPING TO SAVE HIS LIFE

Ethan was just 15 years old when he began to fall into a deep depression. Hobbies that he once enjoyed no longer held any interest. He withdrew from social and extracurricular activities at school. Two years later, he considered hurting himself. Ethan credits the *Say Something* Anonymous Reporting system to helping save his life.

“

If they didn't get that call, I think it would have been inevitable. I wouldn't have made it. I found myself in a dark place like I'm sure many can relate. The truth is that this pain that I had, and a lot of people have, is what makes you a stronger person and helps you find who you are. It is the light at the end of the tunnel. A lot of people do not see it that way when they're in it, but I'm an example of that. Someone was concerned for me and contacted the anonymous tip line and since that time I've been helped.

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## ABOUT THE NATIONAL CRISIS CENTER

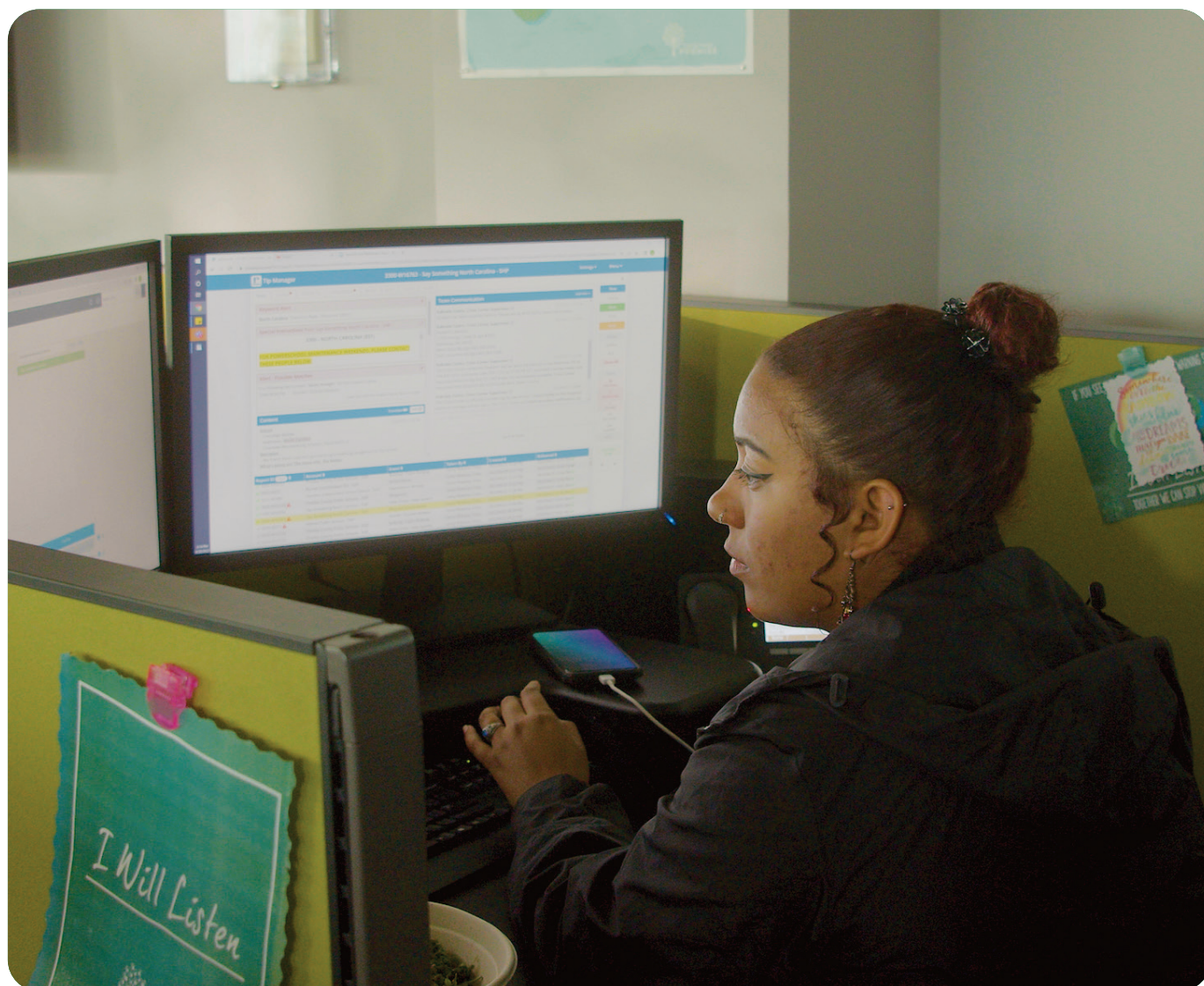
Sandy Hook Promise's National Crisis Center launched in the fall of 2019, with a mission to provide a safe and confidential Trusted Adult for students to reach out to for help.

The Crisis Center is the only one of its kind exclusively dedicated to school-based anonymous reporting nationwide, supported by highly trained and compassionate counselors who monitor the app, website, and hotline 24 hours a day, seven days a week, 365 days a year. In 2023, the National Crisis Center was accredited by the American Association of Suicidology as an approved crisis intervention program as defined by a set of quality standards.

The Crisis Counselors listen to student concerns, provide relevant resources, and reach out for help when warranted. When an immediate, life-threatening situation is identified, counselors work with local response teams that include school administrators, social workers, and law enforcement officials.



Crisis Counselors go through extensive and ongoing training that includes more than 500 hours of training in evidence-based best practices, as well as accredited suicide prevention and crisis counseling certification programs. They also work for more than six weeks under the watchful eyes of an experienced counselor before handling any student tips on their own.





## THE FOUNDATION: SAY SOMETHING

Sandy Hook Promise's age-appropriate, social-emotional learning standards-aligned *Say Something* program teaches students in grades K-12 to recognize warning signs and threats — especially on social media — of someone who may be considering harming themselves or others, and how to intervene by telling a Trusted Adult.

### Students Learn to Save Lives in Three Easy Steps:



#### Recognize The Signs

Learn about different types of warning signs or threats and how to spot them, especially on social media.



#### Act Immediately, Take It Seriously

Understand strategies to take action and overcome potential barriers to being an Upstander rather than a bystander.



#### Say Something

Learn how to intervene by telling a Trusted Adult or using an anonymous reporting system.

## WARNINGS SIGNS AND CONCERNING BEHAVIOR

The *Say Something* Anonymous Reporting System is designed to prevent individuals who may be in crisis from hurting themselves or others by intervening to get them help. As a result of this approach, *Say Something* ARS will report on the following primary behaviors or threats that could lead to potential violence or self-harm (not an all-inclusive list):

### WARNING SIGNS

- ☐ Suddenly withdrawing from people and activities
- ☐ Regularly bullying or intimidating others
- ☐ Extreme mood or personality changes
- ☐ Victim of constant social rejection
- ☐ Talking about plans or making plans to harm themselves or others
- ☐ Hanging out with negative role models
- ☐ Bringing a weapon to school or talking about bringing a weapon to school
- ☐ Talking or writing about committing acts of violence toward others
- ☐ Self-harm
- ☐ Bragging about or warning others of an upcoming attack or act of violence
- ☐ Recruiting others to join in a planned act of violence
- ☐ Warning students to stay away from school or events
- ☐ Expressing a fascination with weapons
- ☐ Expressing a fascination with school shootings
- ☐ Expressing hopelessness about the future
- ☐ Extreme, prolonged sadness or distress
- ☐ Expressing or showing feelings of isolation
- ☐ Bragging about access to guns
- ☐ Cruelty to animals
- ☐ Talking about wanting to die or making a plan to die

## ABOUT SANDY HOOK PROMISE

Sandy Hook Promise (SHP) envisions a future where all children are free from school shootings and other acts of violence. As a national nonprofit organization, SHP's mission is to educate and empower youth and adults to prevent violence in schools, homes, and communities.

Creators of the life-saving, evidence-informed *Know the Signs* prevention programs, SHP teaches the warning signs of someone who may be in crisis, socially isolated, and/or at risk of hurting themselves or others — and how to get help.

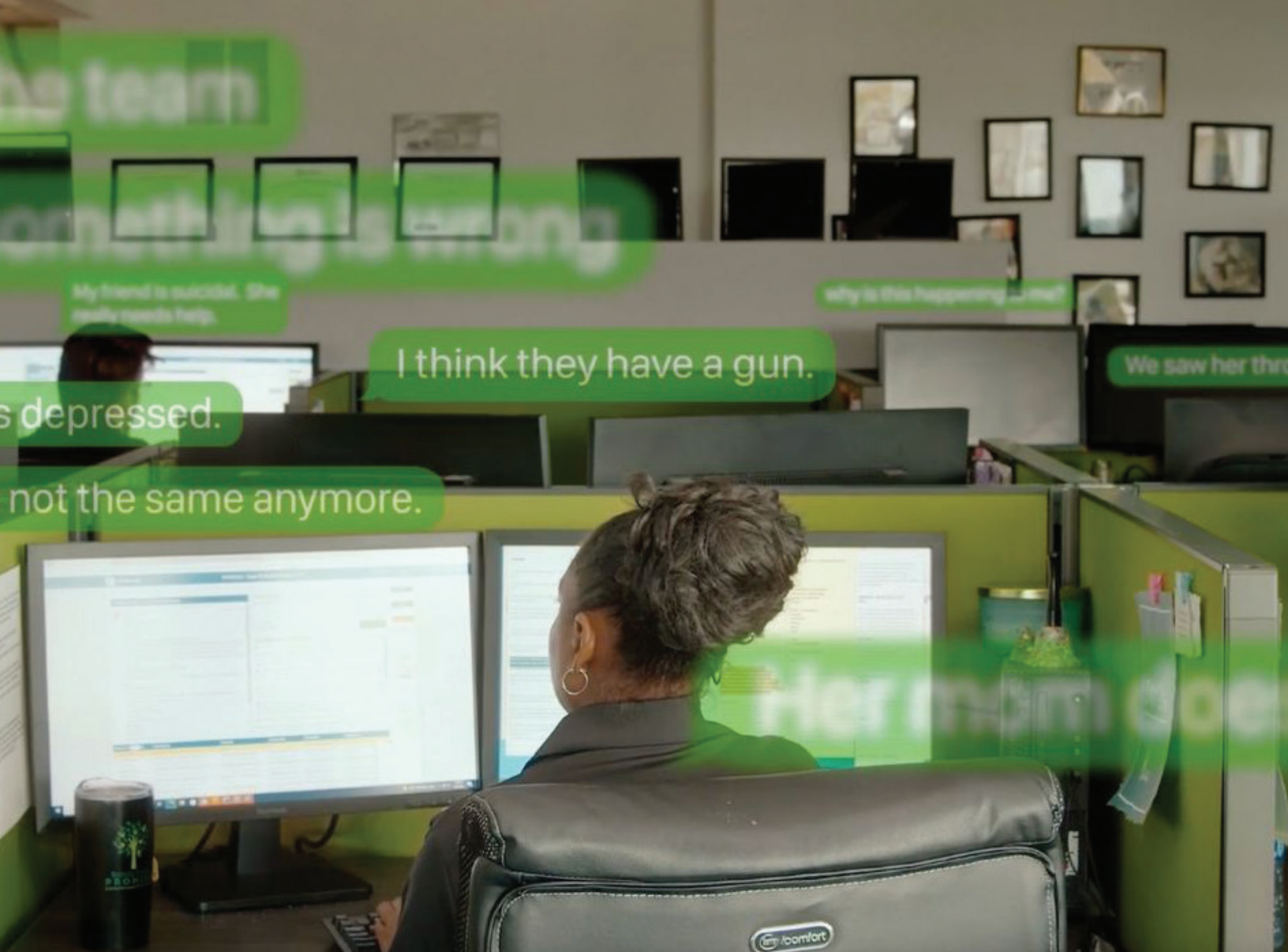
SHP is led by several family members whose loved ones were killed in the tragic mass shooting at Sandy Hook Elementary School on December 14, 2012














For more information on how to bring the Say Something Anonymous Reporting System to your school or district, visit [www.sandyhookpromise.org](http://www.sandyhookpromise.org) or email [programs@sandyhookpromise.org](mailto:programs@sandyhookpromise.org).

### **SANDY HOOK PROMISE**

PO BOX 3489 NEWTOWN, CT 06470

[WWW.SANDYHOOKPROMISE.ORG](http://WWW.SANDYHOOKPROMISE.ORG)



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