Sandy Hook Promise

SAY SOMETHING™

ANONYMOUS REPORTING SYSTEM

EDUCATOR'S HANDBOOK FOR SUCCESSFUL PROGRAM IMPLEMENTATION



SAY SOMETHING™

ANONYMOUS REPORTING SYSTEM

SEE IT. REPORT IT.

MOBILE APP

1-844-572-9669

SAYSOMETHING.NET

Sandy Hook PROMISE

WELCOME EDUCATORS!

Congratulations, your school is participating in the *Say Something* Anonymous Reporting System program!

I will be training my students on the *Say Something* Anonymous Reporting System on:

Day:_____ Month:_____ Year:_____

In order to train and engage your students in this program, Sandy Hook Promise recommends the following steps for success:

Step 1 – One week before the student training

Date:_____

❑ **Introduce** students to Sandy Hook Promise and the *Know the Signs* programs.

In order to prepare students for the content covered in the upcoming *Say Something* Anonymous Reporting System training, we recommend showing students one of the following short videos linked below. **Please be advised that the videos contain discussions and imagery that could be upsetting to some students.** Importantly, inform students that they will have access to the Anonymous Reporting System immediately after the student training.

- Video: **What Students Are Saying about the *Say Something* Anonymous Reporting System**
- Video: **Evan**

After watching a video, engage your students in a discussion using one of these questions:

- ***What do you think you'll learn about in next week's Say Something Anonymous Reporting System training?***
- ***What came to your mind as you were watching the video?***
- ***What are you curious about after watching the video?***

Next, proceed to the menu of activities and discussion prompts to activate students' thinking about the content and topics that will be addressed in next week's training.

❑ Activate Thinking

Activate students' thinking and prior knowledge about core themes in the *Say Something* Anonymous Reporting System training. Facilitate a whole class circle discussion using provided **questions** or ask students to work in small groups to talk about one or more of the provided questions.

Step 2 – The week of your student training

Date:_____

❑ Hang up an **'I am a Trusted Adult' sign** in your classroom or office. Create your own or use the provided template.

❑ Show the *Say Something* Anonymous Reporting System core student training video to students.





- ❑ Review definitions for two main *Say Something* messages: UPSTANDER and TRUSTED ADULT.
  - ✓ A **TRUSTED ADULT** is someone who students view as a reliable and caring source of support who listens and responds appropriately to expressed concerns, warning signs, and threats of someone who may be at risk of harming themselves or others.
  - ✓ An **UPSTANDER** is someone who speaks up and takes action to create a safe and inclusive community.
- ❑ On the same day, facilitate a discussion using provided questions and select at least one of the activities listed below.

Activity Menu:

1. **3-2-1 Reflection:** Ask students to complete a 3-2-1 worksheet in a notebook or on this handout.
2. **Warning Signs Checklist Review:** Share the **Warning Signs of Violence Checklist** with students. Instruct students to reflect on the Warning Signs of Violence Checklist and what they viewed in the training video. Ask students to Turn-n-learn with a partner and brainstorm the most common warning signs found in their own community. Pairs can write down a list of the top five warning signs on this **handout** or a piece of paper.
3. ***Say Something* Safety Net Card:** Ask students to create a *Say Something* Safety Net Card for their phone case, locker, refrigerator, or lanyard. Use the provided template or create their own using index cards.
4. **Thank you post card:** Assign students the task of selecting their TRUSTED ADULT and writing them a thank you post card using this **template** or blank paper.
5. **Optional:** Show high school students one of Sandy Hook Promise's PSAs to engage in a dialogue about the signs. **Please be advised that the videos contain discussions and imagery that could be upsetting to some students.**
   - Video: **Evan**

     Lesson Plan with Discussion Guide: **Download here**
   - Video: **Point of View**

     Lesson Plan with Discussion Guide: **Download here**

BEFORE THE TRAINING: CIRCLE UP AND DISCUSS!

Pre-Training Journal Prompts, Questions, and Activities
to Activate Thinking about Themes in *Say Something* Anonymous Reporting System Training

Quick Activities for Middle and High School

a) Draw a new Emoji that represents the term UPSTANDER.

b) Write a brief letter or post card to a TRUSTED ADULT in your life.

c) Create a school safety campaign for the school. Make a poster with your new campaign slogan.

d) Draw a comic strip featuring an UPSTANDER.

Middle School Discussion Questions

a) Do you ever feel uncomfortable talking to adults about serious issues?

b) When you have an issue or a problem, who do you talk to?

c) What does the word 'trust' mean to you?

d) Can you think of a time when you stood up for something or someone you believed in? What did you do? How did you feel?

e) What motivates someone to be an UPSTANDER?

f) How can the *Say Something* Anonymous Reporting System message help create a culture of connection at our school?

g) How does the *Say Something* Anonymous Reporting System student training empower you to be an UPSTANDER?



High School Discussion Questions

a) If you could write new school safety policies for our school, what would they be?

b) How do Sandy Hook Promise's *Know the Signs* programs help activate empathy?

c) What solutions would you suggest for shifting students from bystanders to UPSTANDERS?

d) How can you be a role model to others and help combat joke culture?



TRUSTED ADULT SIGN

I AM A TRUSTED ADULT.
YOU CAN TRUST ME BECAUSE...

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3-2-1

Write down and tell a classmate:

3 THINGS

3 things you learned from the video:

_____

_____

_____

_____

_____

2 SURPRISES

2 things that surprised you:

_____

_____

_____

_____

_____

1 QUESTION

Write down one question you have:

_____

_____

_____

_____

_____

WARNING SIGNS OF VIOLENCE CHECKLIST

Which warning signs have you recognized before?

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WARNING SIGNS CHECKLIST

- ☐ Suddenly withdrawing from people and activities
- ☐ Regular 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 threatening, or talking about bringing a weapon
- ☐ Talking or writing about committing acts of violence toward others
- ☐ Bragging about or warning others about 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

This checklist is not meant to be a comprehensive list of warning signs or used as a stand-alone document. It should be used in conjunction with our *Say Something* program.

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TURN-N-LEARN

List the top 5 warning signs you see in your community.

After reviewing the warning signs checklist and a Sandy Hook Promise Public Service Announcement, reflect on some of the warning signs that are most prevalent in your own school community and jot them down below. If time permits, turn-n-learn with a partner about the warning signs most prevalent, and potentially most concerning, in your own school community.

1.

2.

3.

4.

5.

FILL-IN *SAY SOMETHING* SAFETY NET CARDS

SAY SOMETHING
ANONYMOUS REPORTING SYSTEM

SEE A WARNING SIGN OR THREAT?

TRUSTED ADULT Name:

TRUSTED ADULT Email:

Where to find my TRUSTED ADULT:

Anonymous Reporting System Phone #:

1 (844) 572-9669

Anonymous Reporting System Website:

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TRUSTED ADULT THANK YOU POSTCARD

THANK YOU!

MAKE THE PROMISE

Sandy Hook PROMISE

DELIVER TO:





