



**IF YOU**

**SEE**  
something

**SAY**  
something

*SAY SOMETHING to PROTECT*


yourself, classmates  
and community and help

*PREVENT VIOLENCE*

suicides and threats.



1- Look for  
*WARNING SIGNS,*  
*SIGNALS* and  
*THREATS*



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!***

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

**17% seriously  
considered suicide**

**19% were  
bullied on  
school property**

**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  
**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. 16 Safe School Initiative: Implications for the prevention of school attacks in the United States.

70% of people who  
complete suicide tell  
someone their plans or  
give some other  
warning sign.

if we  
*TEACH YOU* how to:

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- 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:

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- 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?

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Thoughts, feelings and  
behaviors that *SHOW*  
significant change and that  
an individual may be in *NEED*  
*OF HELP*



WHAT CAN BE 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?

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

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WHAT COULD BE 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?

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



- ❑ “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 WAY FORM ARE THEY FOUND?

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- ❑ Spoken
- ❑ Photos
- ❑ Videos
- ❑ Written
- ❑ Gestures
- ❑ Actions & Behaviors
- ❑ Artwork

*IT'S NOT JUST ABOUT VIOLENCE AND SUICIDE.  
YOU CAN ALSO HELP WITH OTHER PROBLEMS.*

May have an  
eating  
disorder

Bullying or  
being bullied

Abusing or being  
abused  
(verbally/physically)

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!*

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- ❑ 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?*

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If you tell someone, you will be called a traitor, rat and/or at risk of being alienated or physically hurt.

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- ❑ 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!*

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- ❑ 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?*

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SAY SOMETHING to a trusted adult. They have the experience and knowledge to get help for an individual.

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If there is an immediate life threatening situation, follow your school's steps and/or dial 911, then seek a trusted adult for assistance.

Parent or  
Teacher

School  
Counselor

School  
Psychologist

Community  
Organization  
Leader

*TRUSTED ADULTS*

School Police/  
Resource  
Officer

Coach,  
Instructor  
or Mentor

Principal/School  
Support Staff

Religious  
Leader

# *HOW to have a CONVERSATION*

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

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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)



*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.



1. *LOOK for WARNING SIGNS, SIGNALS & THREATS*
2. *ACT IMMEDIATELY take it seriously.*
3. *SAY SOMETHING to a trusted adult to help CREATE a SAFER, HEALTHIER school*