

Our Proven Programs Create Change That Leads to Safer Schools

Sandy Hook Promise's *Know the Signs* gun violence prevention programs teach youth and adults how to identify, intervene and get help for individuals at-risk of harming themselves or others. This guide provides an overview of the warning signs of violence and what to do when you see them. Additionally, it explains how to bring our *Know the Signs* programs to your school or youth organization at no cost. When we "know the signs," we can protect more children from violence.

Prevent violence
before it starts.

About Sandy Hook Promise

Sandy Hook Promise (SHP) is a national nonprofit organization with a mission to end school shootings and create a culture change that prevents violence and other harmful acts that hurt children. Through its life-saving, evidence-informed *Know the Signs* prevention programs, SHP educates and empowers youth and adults to recognize, intervene, and get help for individuals who may be socially isolated and/or at risk of hurting themselves or others. Through nonpartisan policy and partnerships, SHP advances gun safety, youth mental health, and violence prevention education at the state and federal levels that protect all children from gun violence in their schools, homes, and communities. 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 about Sandy Hook Promise and our *Know the Signs* programs, please visit www.sandyhookpromise.org. To learn how to bring our programs to your school or community, please email us at programs@sandyhookpromise.org.

Gun violence is preventable when you *Know the Signs*.
Learn how to stop violence before it starts.



Sandy Hook
PROMISE

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KNOW THE SIGNS



Sandy Hook
PROMISE

KNOW THE SIGNS

People who are at-risk of hurting themselves or others often show signs and signals before an act of violence takes place.

80% of school shooters told someone of their violent plans prior to the event.

70% of people who complete suicide told someone of their plans or gave some type of warning or indication.

KNOW THE SIGNS Programs

Sandy Hook Promise's *Know the Signs* programs effectively teach youth and adults how to prevent violence, shootings, and other harmful acts in their schools and communities. Students and educators learn how to identify at-risk behaviors and intervene to get help. These early-prevention measures empower everyone to help keep schools and communities safe. Our *Know the Signs* programs include:

SAY SOMETHING

Say Something™

Trains students in grades 6–12 to look for warning signs and threats — especially on social media — of someone at risk of hurting themselves or others, and how to speak up to a trusted adult before a tragedy can occur.

SAY SOMETHING

Say Something™ Anonymous Reporting System

Builds on the core Say Something program with an anonymous reporting system via a downloadable app, telephone hotline, and website that students can use to report an issue when they see a classmate who is at risk of harming themselves or others. Additional training for school district personnel and local law enforcement are required for this program.

START WITH HELLO

Start With Hello™

Teach students in grades K–12 to minimize social isolation, empathize with others, and create a more inclusive and connected school culture.

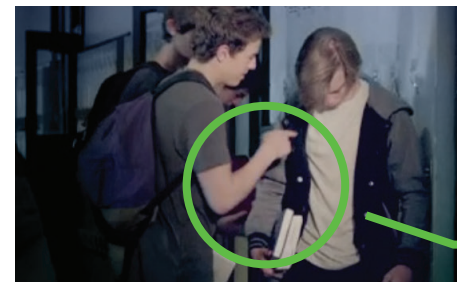
When you don't know what to look for, it can be easy to miss signs, or dismiss them as unimportant, sometimes with tragic consequences.

It's important to know that one warning sign on its own does not 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. By knowing the signs, you have the power to intervene and get help for that person. Your actions can save lives.



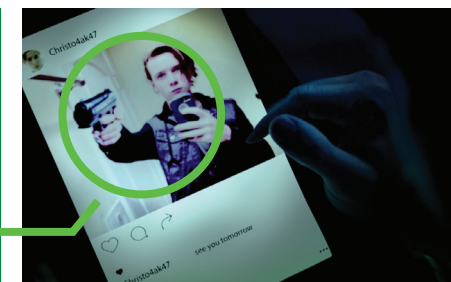
- A strong fascination or obsession with firearms can be a warning sign.
- Excessive study of firearms and mass shootings can mean a person is planning violence.

- Exhibiting excessive over-reactions or aggressive behavior for a seemingly minor reason can signal someone who cannot self-regulate their emotions or control their anger.
- Gestures of violence and low commitment or aspirations toward school, or a sudden change in academic performance can be a sign that someone needs help.



- Perpetrators of self-harm or violence towards others may be victims of long-term bullying and may have real or perceived feelings of being picked on or persecuted by others.
- Extreme feelings of isolation or social withdrawal due to real or perceived actions of others can lead to further withdrawal from society.

- Unsupervised, illegal and/or easy access to firearms, or bragging about access to firearms, can be a warning sign.
- Making overt threats of violence (spoken, written, pictures, videos, gestures) are signs that should not be ignored.



Additional Warning Signs :

If you observe multiple warning signs or even one clear threat, please take it seriously and act immediately. Talk to a trusted adult like a teacher, school official or mental health professional. In the event of a life-threatening emergency, immediately call 911. Though this list may not include every possible warning sign, here are some of the most common observable signs:

Being over aggressive and/or lacking self-control

- Lack of coping, anger management and/or conflict resolutions skills
- Making overt threats of violence, in pictures, videos, spoken or written word
- Committing juvenile/multiple offenses, especially if at a young age (<10)
- Patterns of impulsive behavior and/or chronic hitting
- Regularly using intimidation or bullying behaviors

Chronic social isolation

- Victim of constant social rejection or marginalization
- Sudden increase in withdrawing from other people and activities
- Blaming others for own failures

Threatening behavior

- Bringing a weapon into school
- Bragging about an upcoming attack
- Recruiting a friend to join an attack
- Warning a friend to stay away from school or an event

Mental illness and/or behavioral shifts

- Diagnosed or undiagnosed mental illness (leading contributor to self-harm)
- Previous suicide attempts, ideation, self-harm (leading indicators to self-harm)
- Major change in eating or sleeping habits
- Feelings of hopelessness, guilt or worthlessness (leading indicator to self-harm)
- Drop in quality of school work, extracurricular activities
- Homicidal or suicidal ideation
- Significant personality change
- Dramatic changes in physical appearance
- Giving away possessions (leading indicator to self-harm)
- Suffered from adverse childhood experiences (trauma)

Antisocial behavior

- Negative role models or peer groups
- Dishonesty, antisocial beliefs and hostility toward authority figures
- Lack discipline - repeatedly fail to follow rules
- Severe destruction of property
- Intolerance for differences in others; prejudiced
- Access/use and prevalence of drugs and alcohol/substance abuse

Over **12 MILLION** student and adults have participated in our *Know the Signs* programs.

To bring our no-cost programs to your school or community, email us at programs@sandyhookpromise.org

KNOW THE SIGNS Programs can help save lives:

"Within days of participating in Say Something, a student made an anonymous tip to report that there was a loaded weapon on the school campus. The police intervened, found the loaded weapon and made 4 arrests - preventing a tragedy before it took place. Say Something works."

"The same day as our Say Something presentation, a student posted a suicide threat on Instagram. Another student — trained in Say Something that very day — saw the post and told a parent."