SAY SOMETHING™

ANONYMOUS REPORTING SYSTEM

PARENT GUIDE

Sandy Hook
PROMISE

What is the PROBLEM?

Each year in schools and communities across the United States, there are millions of youth who hurt themselves or others through verbal, physical and digital means.

These behaviors can cause youth to experience emotional trauma and physical injury, mental health or wellness issues, stress or anxiety, and/or feelings of being unsafe.

Too often the outcome results in self-harm, suicide or homicide.

THE FACTS

In a majority of these acts, youth and adults are witness to threats, warning signs or signals, especially on social media, but do nothing to intervene to help the at-risk youth. **In fact:**

- Approximately, **1,000,000 students** reported being harassed, threatened or subject to other forms of cyberbullying (www.nveee.org/statistics/, 2016)
- **80% of school shooters** told someone of their violent plans. 59% told more than one person (Vossekuil, B., et al., 2002)
- **70% of people** who complete suicide told someone of their plans or gave some other warning sign (Robins, E., et al., 1959)
- A national study found that **37% of threats** of violence, bullying, etc. were sent electronically and 28% used social media (Trump, K., 2015)

THE REASONS

There are many reasons why youth and adults do not Say Something when they see a warning sign or signal. **They do not:**

- Understand or know how to recognize warning signs and signals of at-risk behavior
- Believe a threat to be true because "they would never say it publicly if they meant it"
- Want to be labeled, stigmatized and/or possibly physically threatened as a "snitch"
- Know who to tell or "believe that nothing will be done to help anyhow"
- Think they need to because someone else will say something

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What is THE SOLUTION?

The Say Something Anonymous Reporting System (SS-ARS) teaches youth and adults how to recognize warning signs and signals, especially within social media, of individuals who may be a threat to themselves or others and Say Something, using our anonymous reporting system, BEFORE it is too late.

SS-ARS Curriculum Teaches

- How to recognize the signs and signals of at-risk behaviors – especially within social media
- Take every sign and signal seriously; act quickly to get help by talking to a trusted adult OR
- Report anonymously through SS-ARS 24/7 Crisis Center, mobile app, or website

SS-ARS Reporting Platform

- Provides an app, website and 24/7 crisis telephone hotline for youth and adults to submit anonymous tips
- Features nationally certified, 24/7 Crisis Center with multi-lingual counselors trained in suicide and crisis management
- Is managed and maintained by a national 24/7 Crisis Center digital school safety leader with combined 30+ years of experience

How the SAYSOMETHING™ Works

ANONYMOUS REPORTING SYSTEM

STEP 1

SUBMIT AN ANONYMOUS TIP

Call the tipline:
1-844-5-SAYNOW

Use the Website:
www.saysomething.net

Use the Mobile App:
Available for Apple and Android devices

STEP 2

ALL CALLS AND TIPS SENT TO 24/7 MULTILINGUAL CRISIS CENTER

1. A Crisis counselor receives and reviews tip information
2. The tip is triaged and categorized as either Life Safety or Non-Life Safety
3. The tip is then sent to school officials and law enforcement (as needed) via text, email and phone call within seconds of being received

STEP 3

SCHOOL OFFICIALS & LAW ENFORCEMENT INTERVENE AND HELP INDIVIDUAL(S)

1. School Officials and law enforcement (as needed) act immediately to investigate, assess and intervene on reported at-risk individuals
2. The at-risk individual receives the help he or she needs BEFORE they ever get to the point of hurting themselves or others
3. School officials report their outcomes into the SS-ARS platform and close out the tip ensuring accountability for every tip submitted

How is the program SUSTAINED?

SS-ARS is sustained through our:

- Students Against Violence Everywhere (SAVE) Promise Club or existing student club by embedding SS-ARS in the club in order to empower students to carry it forward and keep awareness high within district schools
- On-going support, refresher trainings and call-to-action weeks to rally school personnel and student clubs around the SS-ARS program
- No cost, in-school awareness materials – posters, floor stickers, table tops, etc. to gently remind students of the app, website and 24/7 telephone hotline

why SS-ARS WILL BE successful...

1. Educates students, educators and administrators how to recognize the signs and signals of individuals who may be at-risk of hurting themselves or others
2. Intervene days, months and years before a tragedy could ever take place... truly driving prevention
3. Fosters a connected, "up-stander" culture where at-risk students are getting help
4. Reduction in violence, suicide, cutting, bullying, drug use and other at-risk behaviors and actions
5. Reduction in suspensions, tardiness, absenteeism, damages, and trauma... creating safer and healthier schools

About
Sandy Hook Promise

Sandy Hook Promise (SHP) is a national, nonprofit organization based in Newtown, Connecticut. 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. SHP's mission is to prevent gun violence (and other forms of violence and victimization) BEFORE it happens by educating and mobilizing youth and adults to identify, intervene and get help for at-risk individuals. SHP is a moderate, above-the-politics organization that supports sensible program and policy solutions that address the "human-side" of gun violence by preventing individuals from ever getting to the point of picking up a firearm to hurt themselves or others. Our words, actions and impact nationwide are intended to honor all victims of gun violence by turning our tragedy into a moment of transformation.

For more information about Sandy Hook Promise and our *Know the Signs* program, please visit **www.sandyhookpromise.org**.

Sandy Hook
PROMISE

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

SSARS 032118

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