How to protect yourself, your classmates and your community from violence, suicide, and other harmful acts … simply by Saying Something.
1. Look for warning signs and threats.
ACT
IMMEDIATELY
TAKE IT SERIOUSLY
However... schools are not immune to violence, suicide, or threats.
1 in every 5 students reports being bullied
1 in 6 students seriously considers suicide
SCHOOL SHOOTINGS

33 school shootings on average per year
79% of schools report criminal acts
Individuals often show warning signs and share information BEFORE they are violent, attempt suicide or make threats.
87% of school shooters planned their attacks in advance.
70% of people who die by suicide tell someone of their plans or give some other warning sign
37% of threats of violence were sent electronically.
LOOK FOR WARNING SIGNS AND THREATS
Thoughts, feelings, actions and behaviors that SHOW significant change and that an individual may be in NEED OF HELP.
Withdrawal from others
Bullying or hitting
Negative role models
WHAT IS A WARNING SIGN?

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
What is a warning sign?

Will not forgive or forget wrongs of others
A big personality change
Feelings of isolation
Dramatic changes in physical appearance
What is a warning sign?

- Give away possessions
- Fascination with suicide
- Rigid beliefs
- Brag about access to guns
WHAT IS A WARNING SIGN?

Fascination with weapons
Fascination with school shootings
Fascination and/or writings/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.
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.”
SOCIAL MEDIA is a MAIN SOURCE of warning signs and threats
IT’S NOT JUST ABOUT VIOLENCE AND SUICIDE. YOU CAN ALSO HELP WITH OTHER PROBLEMS.

Physically or verbally abused
Substance abuse or addiction problem
May have an eating disorder
IT'S NOT JUST ABOUT **VIOLENCE** AND **SUICIDE**.
YOU CAN ALSO HELP WITH OTHER PROBLEMS.

Bullying or being bullied
May be a sexual predator/being preyed upon
2. ACT IMMEDIATELY

TAKE IT SERIOUSLY
WHEN SHOULD YOU ACT?

when you SEE, HEAR OR READ a warning sign or threat,

ACT IMMEDIATELY

and seek help.
Let the experts assess the warning sign or threat.
<table>
<thead>
<tr>
<th>TELLING ON SOMEONE</th>
<th>VS.</th>
<th>SAY SOMETHING</th>
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</thead>
<tbody>
<tr>
<td>Purposely trying to get someone in trouble for your own gain.</td>
<td></td>
<td>Getting someone help for their own safety and well-being and to protect yourself and others from harm.</td>
</tr>
<tr>
<td>You want to get them in trouble.</td>
<td></td>
<td>You want to help them.</td>
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</tbody>
</table>
ACT IMMEDIATELY
TAKE IT SERIOUSLY

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 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
WHO DO I SAY SOMETHING TO?

SAY SOMETHING to a trusted adult. They have the experience and knowledge to get help for an individual.
HOW TO HAVE A CONVERSATION

Go to a Trusted Adult immediately and bring any texts, photos, videos or other communication you have available.
WHY
SAY
SOMETHING?

YOU ARE THE EYES AND EARS OF YOUR SCHOOL.
WHY
SAY
SOMETHING?
YOU SEE AND HEAR THINGS OTHERS DON’T.
WHY SAY SOMETHING?

YOU CAN REDUCE VIOLENCE, SUICIDE AND THREATS.
WHAT IF YOU CAN'T TELL A TRUSTED ADULT OR YOU WANT TO REMAIN ANONYMOUS?
SUBMIT YOUR TIP ANONYMOUSLY

24/7 - 365 Days a Year

mobile app  1-844-SAF2SAY  Safe2SayPA.org
HOW DO I USE THE APP?

DOWNLOAD THE APP ON YOUR PHONE OR MOBILE DEVICE

SEARCH FOR “SAFE2SAY SOMETHING PA ANONYMOUS REPORTING SYSTEM”

GET IT ON Google Play  Download on the App Store

Safe2Say

Submit a Tip

Call the Hotline

What To Report

Review / Update Existing Tip

Logout
HOW DO I SUBMIT A TIP ON THE WEBSITE?

SAFE2SAYPA.ORG
A crisis counselor will ask a series of questions

- School district and school name
- Description of situation, individuals involved
- Location details (as needed) and other details to assess the situation
HOW DO I SUBMIT A TIP BY PHONE?

1-844-SAF2SAY

1-844-723-2729

At the end of the call, you will receive a Tip Number and Password to allow you to:

• Log in online and provide new and/or additional information
• View private messages requesting additional anonymous information from you