Sandy Hook Promise

WELCOME!

While we're waiting to get started:

Review the workbook

Place a colored dot on your nametag

Check-out the
Sandy Hook Promise
Digital Learning Center
www.sandyhookpromiselearning.org

Agenda OVERVIEW

Part 1: Introductions, Objectives, & Background

- Introductions
- Sandy Hook Promise Background
- Start With Hello Icebreaker

Part 2: Train, Celebrate, & Grow

- Sandy Hook Promise Digital Learning Center
- Introduction to Say Something and Start With Hello
- Overview of lessons and activities

Part 3: Trusted Adult Workshop

Part 1

Introductions, Objectives, and Background

Welcome

About Me and My Why Story

About Us

Sandy Hook Promise is a nonprofit organization led by several family members whose loved ones were killed at the Sandy Hook Elementary School shooting on December 14, 2012.

Our Promise…

Speed Friending

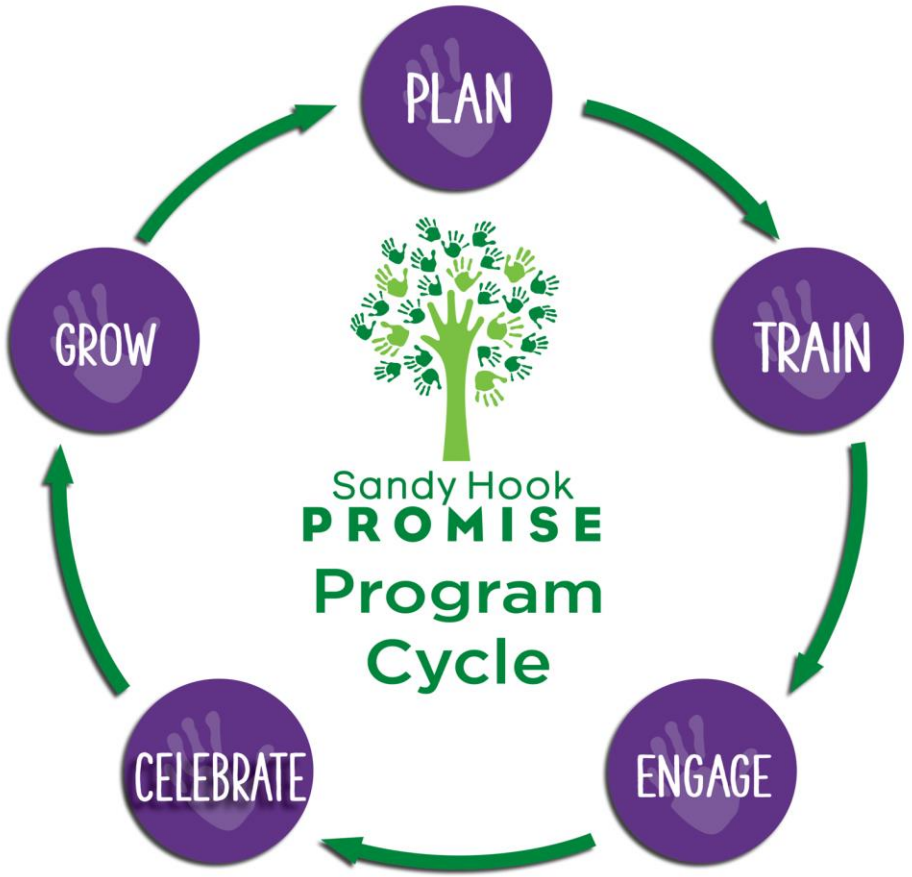
Find someone with the same color dot and share- What is something special about your community?

- Find someone with a different dot and share- What is your favorite sandwich?
- Make a group of 3 same-colored dots and share- What's your favorite book/movie?
- Make a rainbow of 4 different dots and share- What's your pet's name and how did they get that name?
- Make a group of 3 with color combinations (example: blue, yellow and green) and share- What's your most used app?

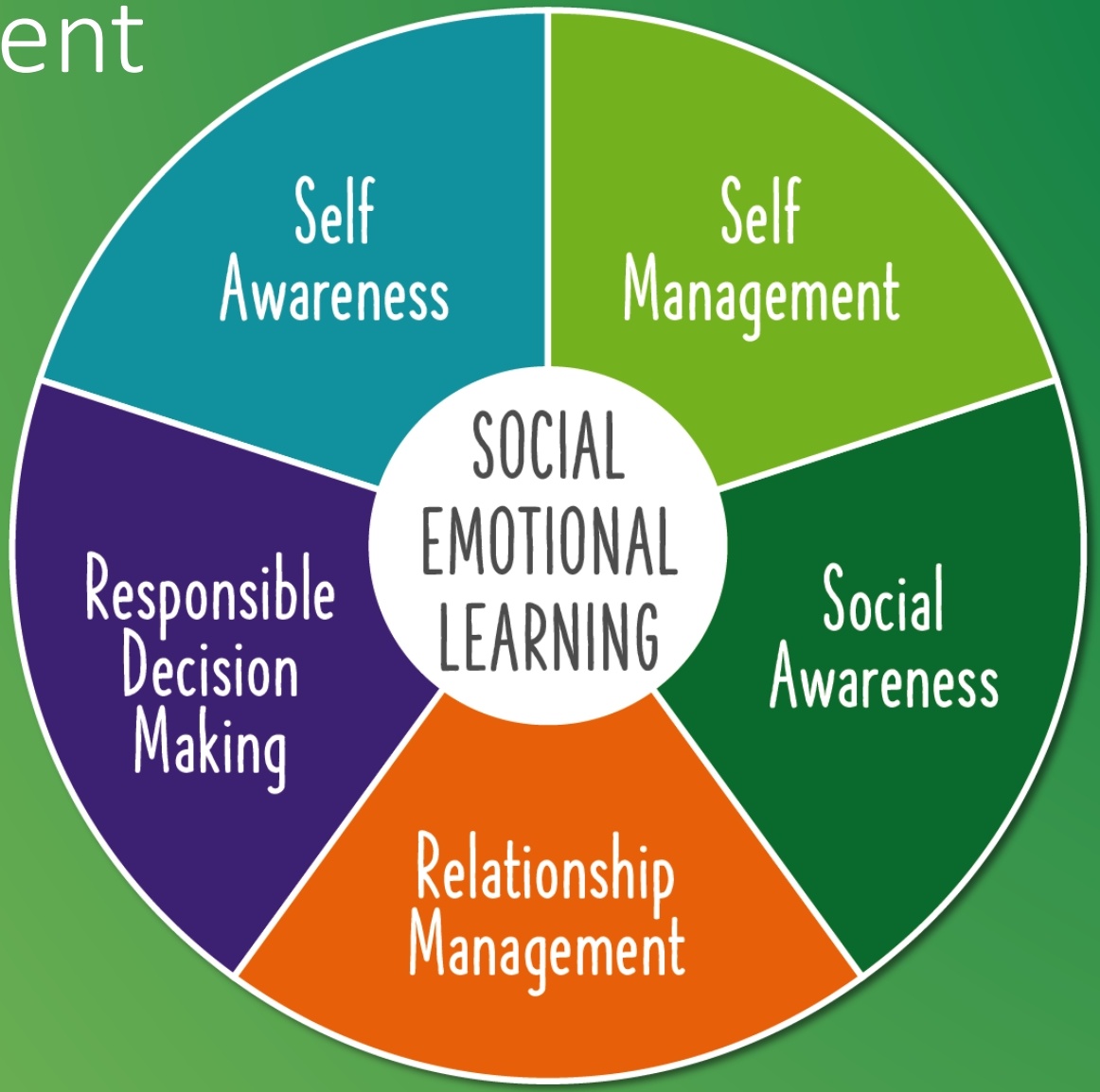
Workshop OBJECTIVES

1. Access program materials on the Sandy Hook Promise Digital Learning Center.
2. Explore ways to train students in *Say Something & Start With Hello* using the Sandy Hook Promise Digital Learning Center.
3. Engage students in *Say Something* activities, lessons, and instructional strategies.
4. Recognize the positive influence trusted adults can have on the school community

The Sandy Hook Promise Program Cycle



CASEL Alignment



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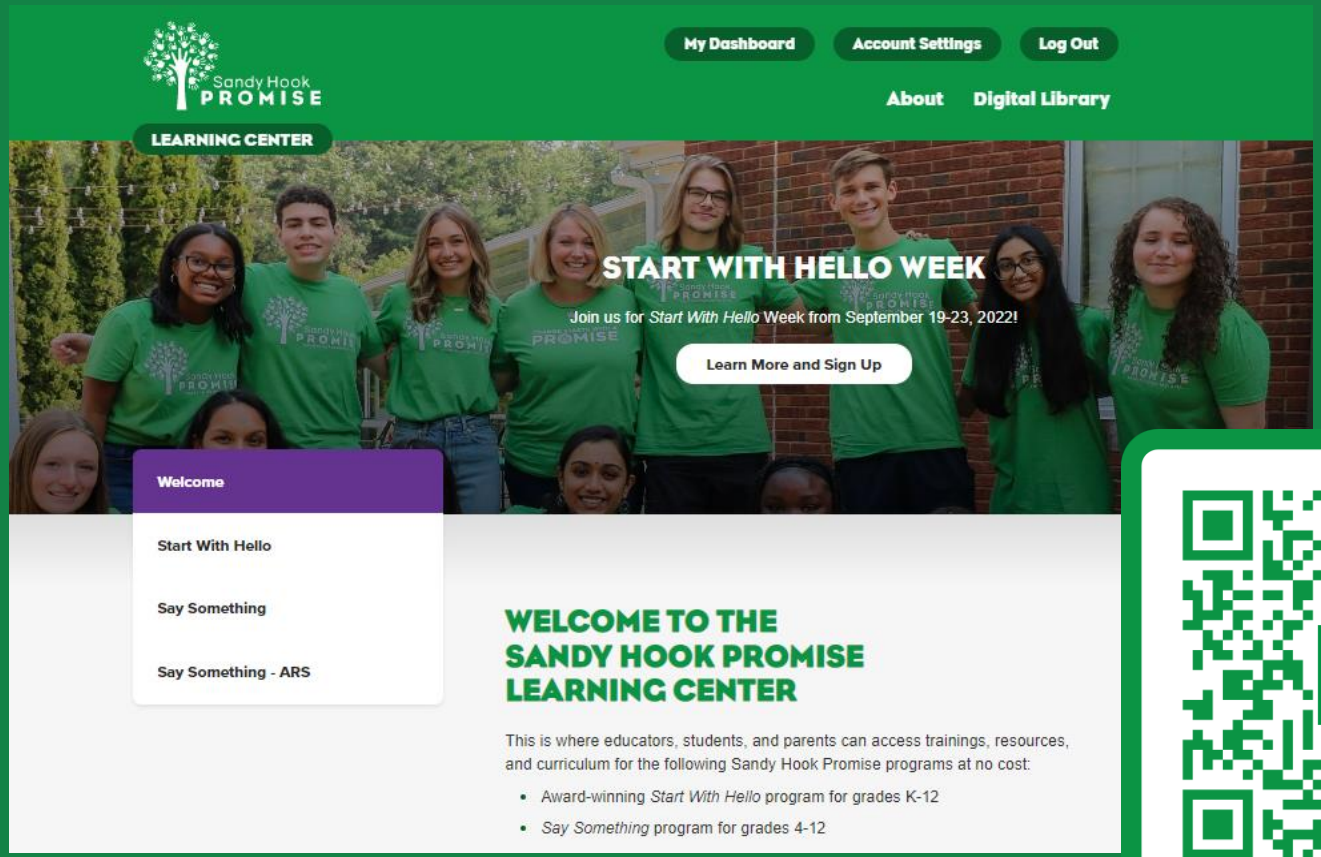
Welcome to the:

SANDY HOOK PROMISE LEARNING CENTER



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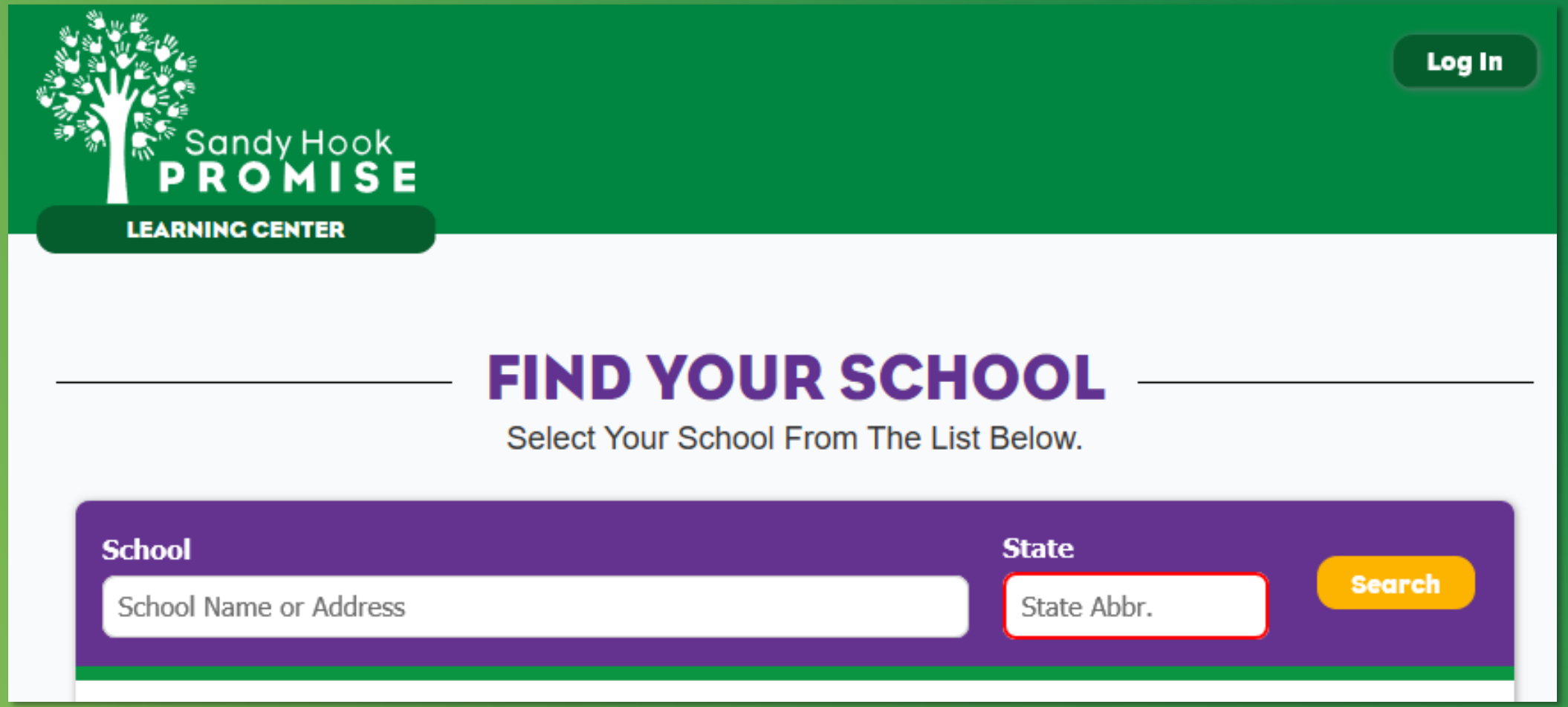
Easy REGISTRATION



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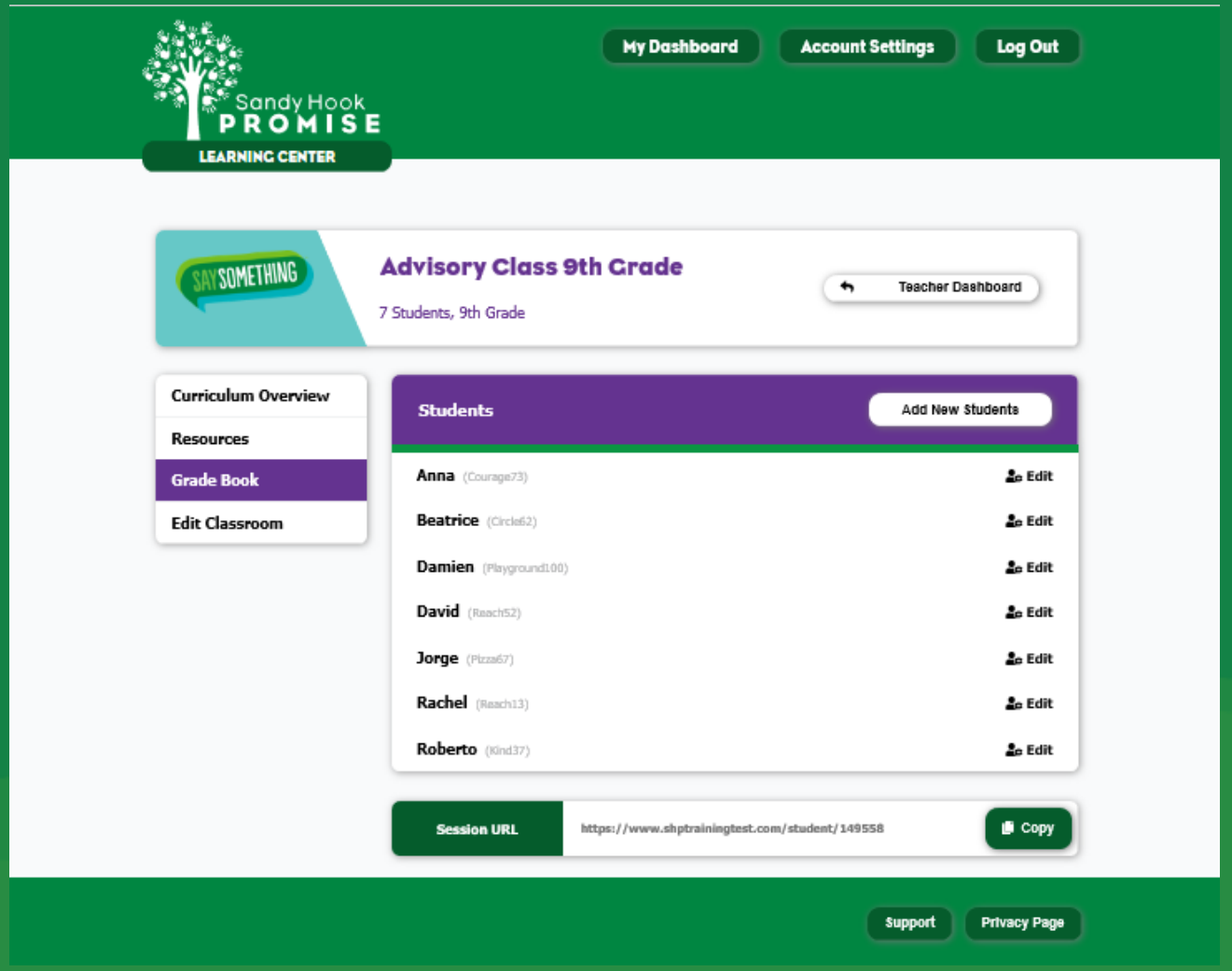
THE EDUCATOR *Dashboard*

- **Set Up** classroom as a group or with individual student usernames and passwords
- **Monitor** student completion of training videos.
- **Download** a comprehensive Educator's Guide.



Train: How to educate your students in our foundational training

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Different Options for Presenting the *Start With Hello or Say Something* Training to Students

OPTION A

Play the video housed on the digital learning center.

OPTION B

Educators deliver the presentation using talking points included in our provided slide deck.

OPTION C

SAVE Promise Club student leaders deliver the Power Point presentation using talking points included in our provided slide deck.

Sandy Hook **PROMISE**

GRADES K-12

START with Hello™

GOALS

- Minimize social isolation
- Empathize with others
- Create a more inclusive and connected community

Sandy Hook PROMISE

START with Hello™

FRAMEWORK

1. SEE SOMEONE ALONE

2. REACH OUT AND HELP

3. START with Hello

Sandy Hook PROMISE

START with Hello

A YOUTH VIOLENCE PREVENTION PROGRAM

FROM SANDY HOOK PROMISE

GOALS

Understand the concepts of loneliness and social Isolation.

Learn how to create a socially inclusive school community that combats loneliness and social isolation.

SEE SOMEONE ALONE

REACH OUT + HELP

START with Hello

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STEP 1

SEE SOMEONE ALONE

Remember

MAKE SURE NO ONE IS FEELING LEFT OUT

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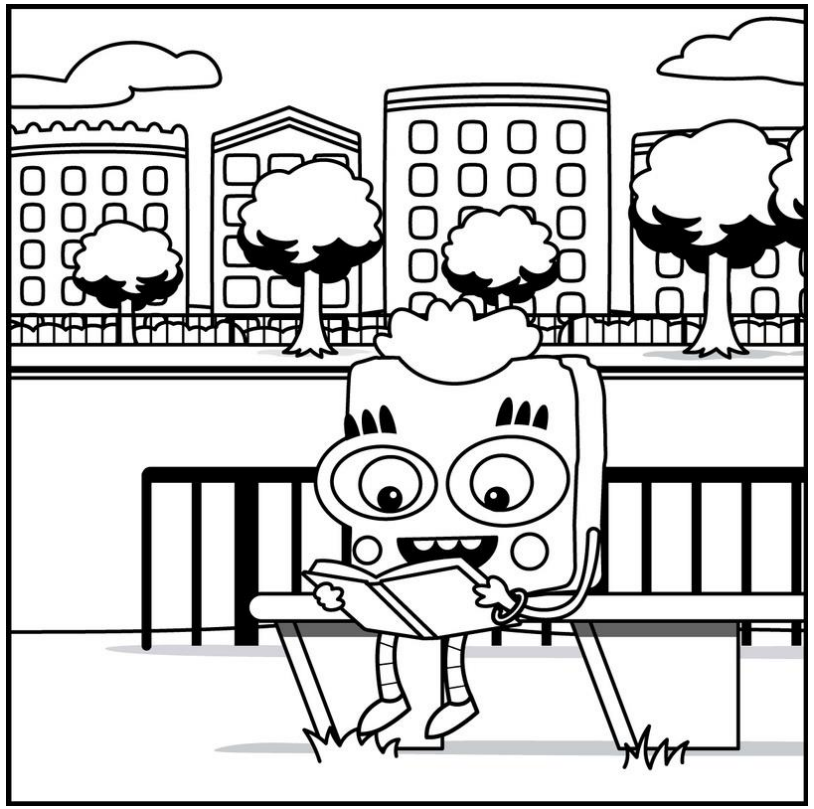
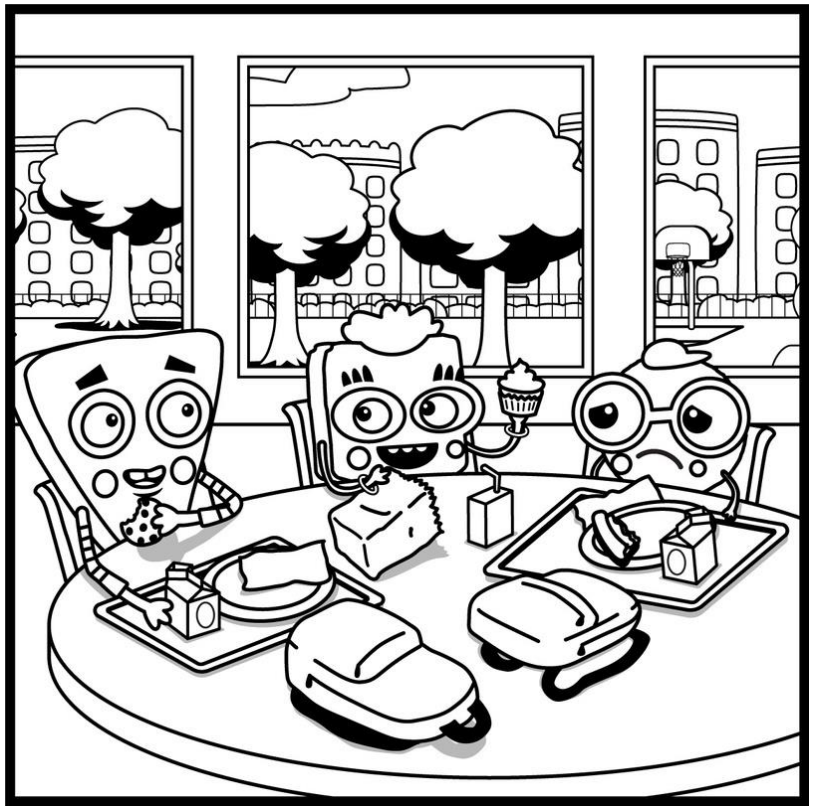
Sandy Hook PROMISE

WHAT IS IT?





STEP 2

REACH OUT + HELP

Remember

THERE ARE LOTS OF WAYS YOU CAN REACH OUT

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STEP 3

START with Hello

Remember

ALWAYS SAY HELLO WITH A SMILE!

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My hello style is

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A YOUTH VIOLENCE PREVENTION PROGRAM FROM SANDY HOOK PROMISE

TODAY YOU WILL LEARN

1 | The impact of loneliness and social isolation.

2 | The meaning of empathy

3 | Strategies to use your empathy to help build a welcoming and inclusive community.

WHAT IS EMPATHY?

Empathy is being able to understand how someone else is feeling.

THE START WITH HELLO THREE STEPS

SEE SOMEONE ALONE

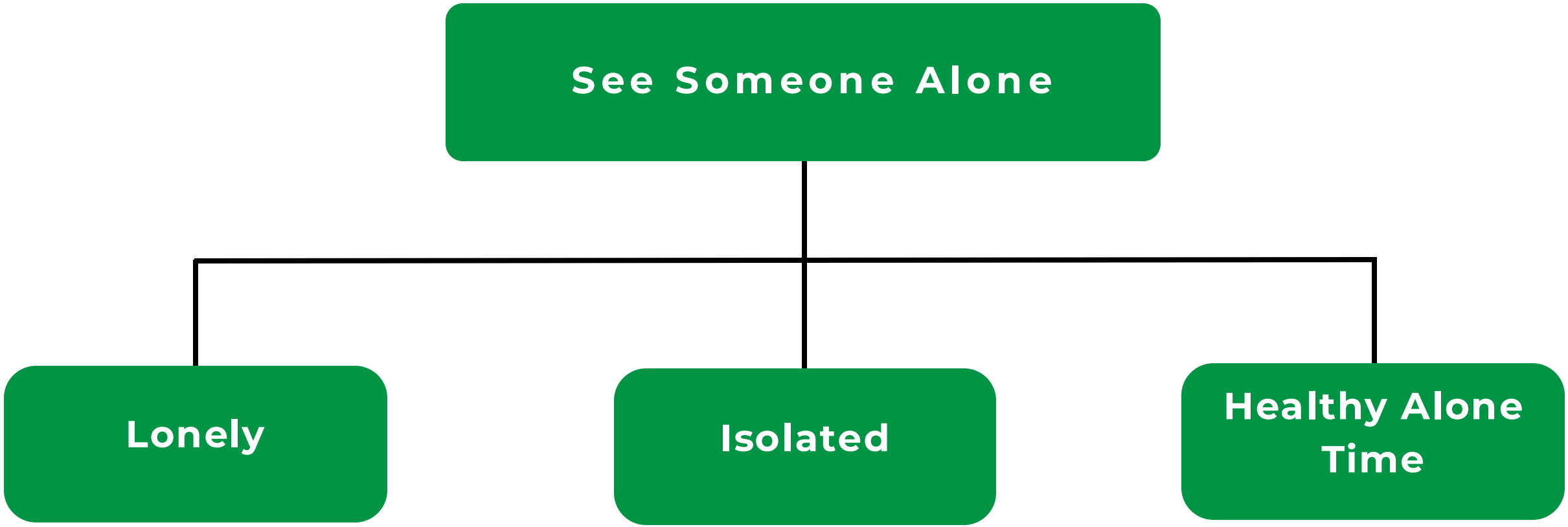
REACH OUT AND HELP

START WITH HELLO

1. SEE

SOMEONE ALONE

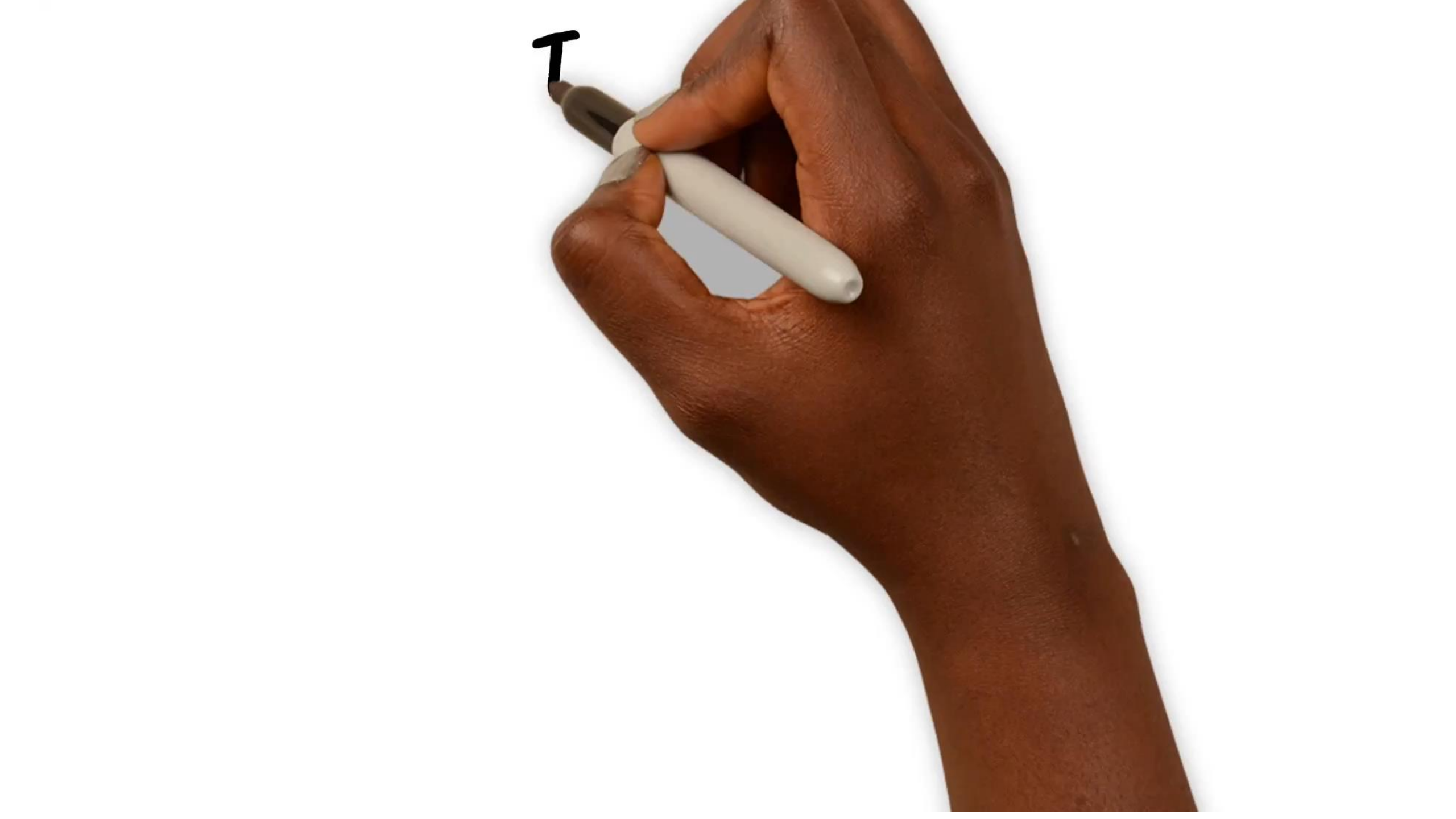
START with Hello


See Someone Alone
Lonely
Isolated
Healthy Alone Time

IMPACT OF LONELINESS AND SOCIAL ISOLATION

2. REACH OUT

AND HELP



REASONS WHY PEOPLE DON'T REACH OUT AND HELP

- Lack of Confidence
- Personal identity
- Prejudice

- Unspoken social rules
- Negative past experience
- Unsure how to communicate

3. START with Hello

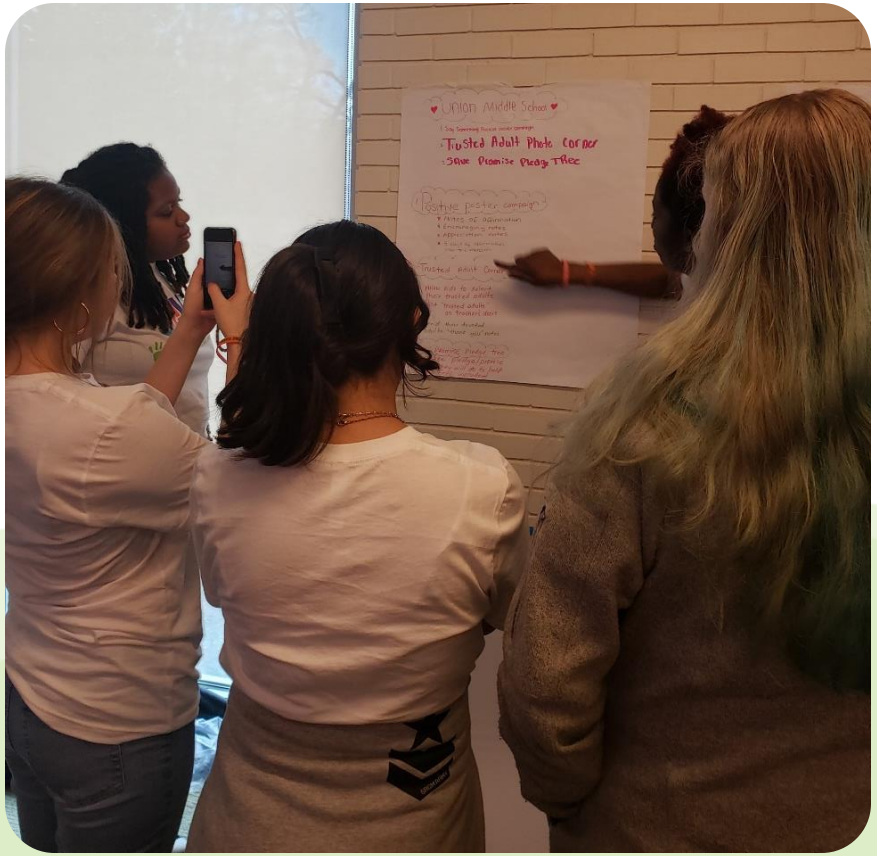
Social M

BIG ACTIONS

- Give a compliment
- Icebreaker
- Introduce yourself and start a conversation
- Ask a question to learn about someone
- Help someone

Group Activity: Walk the Framework

- Start at one station (Step 1, 2, or 3) with your School Implementation Team (SIT) members.
- Spend 5 minutes discussing the prompts.
- Rotate stations when the Implementation Manager plays music.



10:00

BREAK TIME

SAY SOMETHING™

Sandy Hook PROMISE

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TODAY YOU WILL LEARN

THREE STEPS that will help you keep your *friends* and *classmates* SAFE from hurting themselves or others

IT'S IMPORTANT TO KNOW THAT

People often show warning signs
before they hurt themselves or others

1- recognize WARNING SIGNS and THREATS

WARNING SIGNS A PERSON MAY BE PLANNING TO HARM OTHERS

- Being obsessed with weapons or school shootings
- Talking about hurting other people
- Talking or posting about an upcoming attack
- Bringing a weapon to school

WHAT IS A THREAT?

When someone communicates that they PLAN TO HARM themselves or others

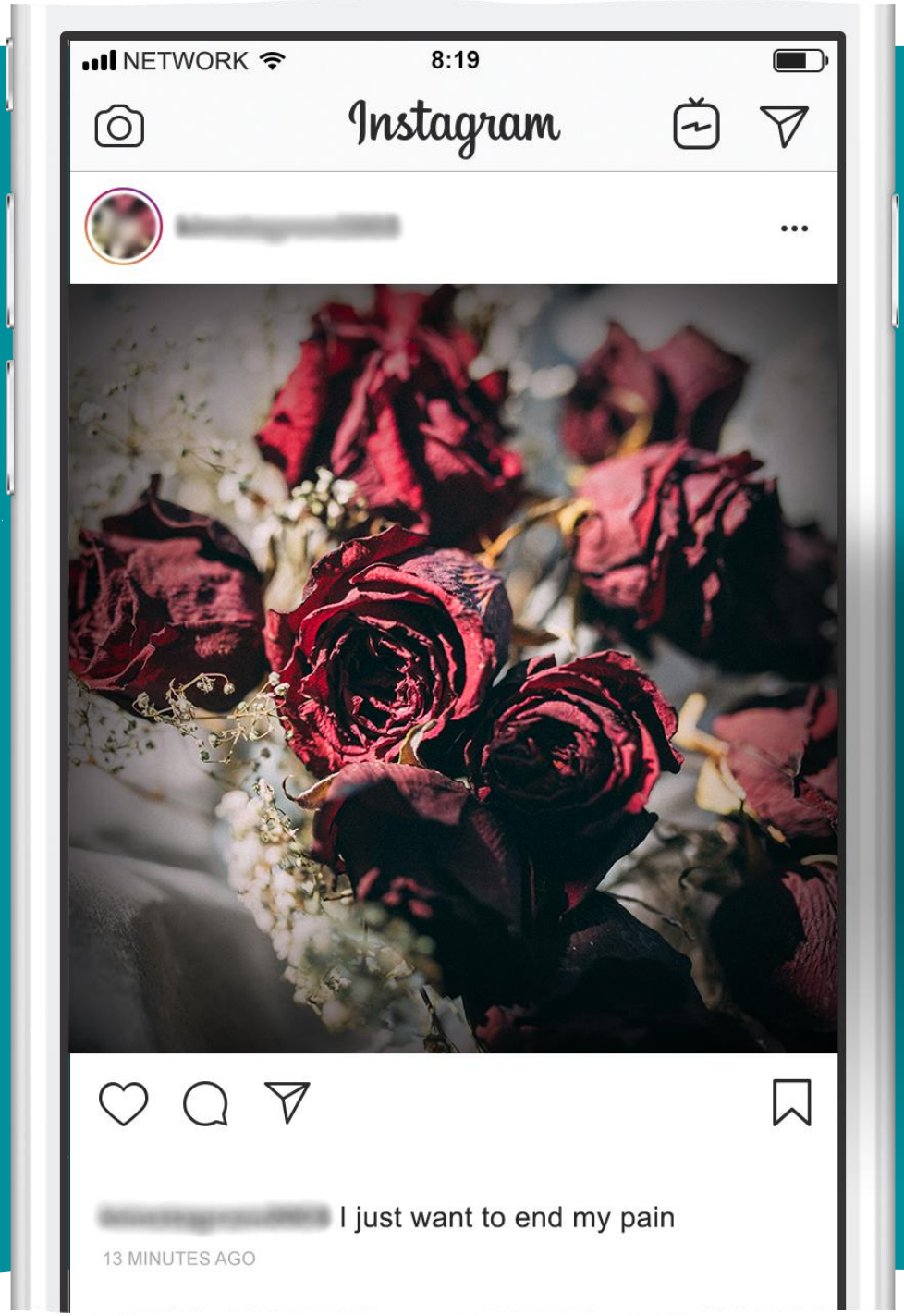
EXAMPLES OF SUICIDAL THREATS

"I'm going to kill myself."

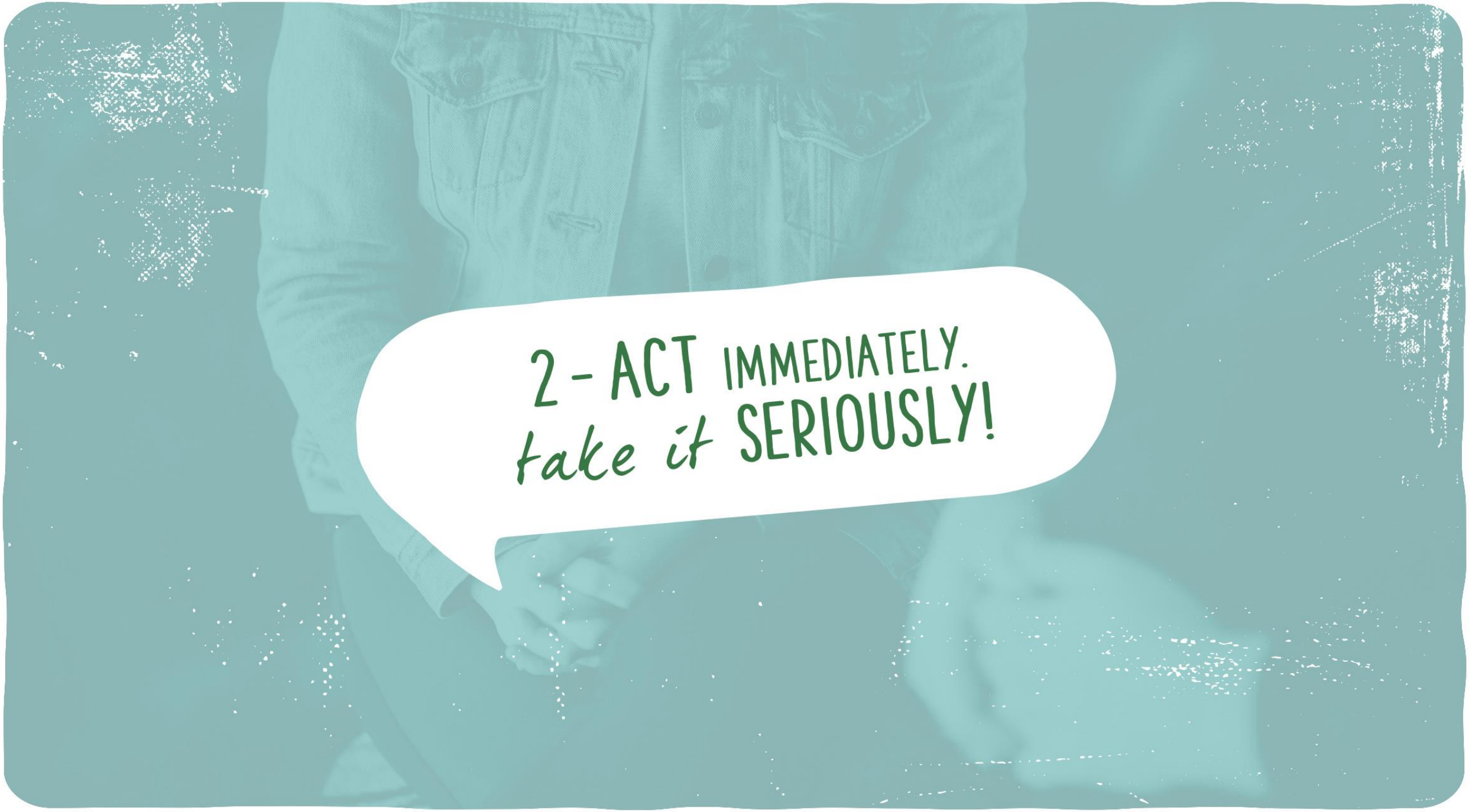
"I'm going to end it all."

social *media*

is a MAIN SOURCE of warning signs and threats



I just want to end my pain


2 - ACT IMMEDIATELY.
take it SERIOUSLY!

ONE OF THE BIGGEST REASONS THAT CAN STOP YOU FROM ACTING IMMEDIATELY

Thinking you will be called a snitch

SNITCHING VS. SAY SOMETHING

Trying to get someone in trouble for your own gain

Getting someone help for their own safety and protecting others from harm

3 - SAY SOMETHING

TRUSTED ADULTS

Teacher

School Administrator

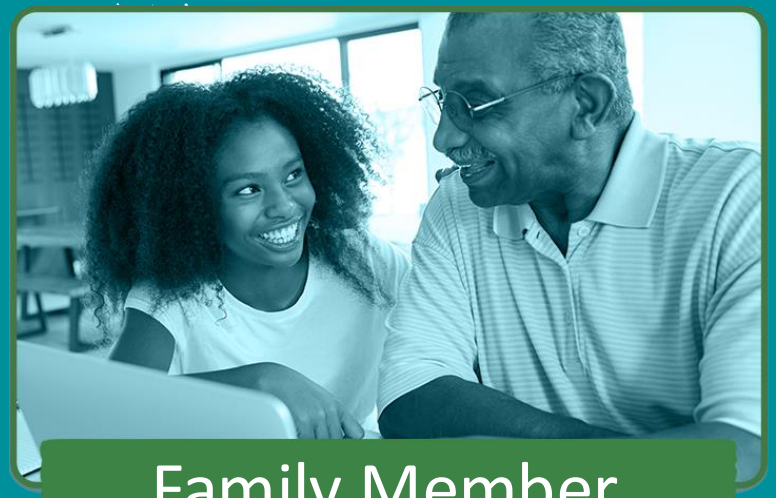
School Counselor

Coach

TRUSTED ADULTS

Parent or Guardian

Mentor



Family Member

Community Leader

HOW TO *have a* CONVERSATION

STEP 1
I'M CONCERNED ABOUT...

Tell your Trusted Adult who you are concerned about.

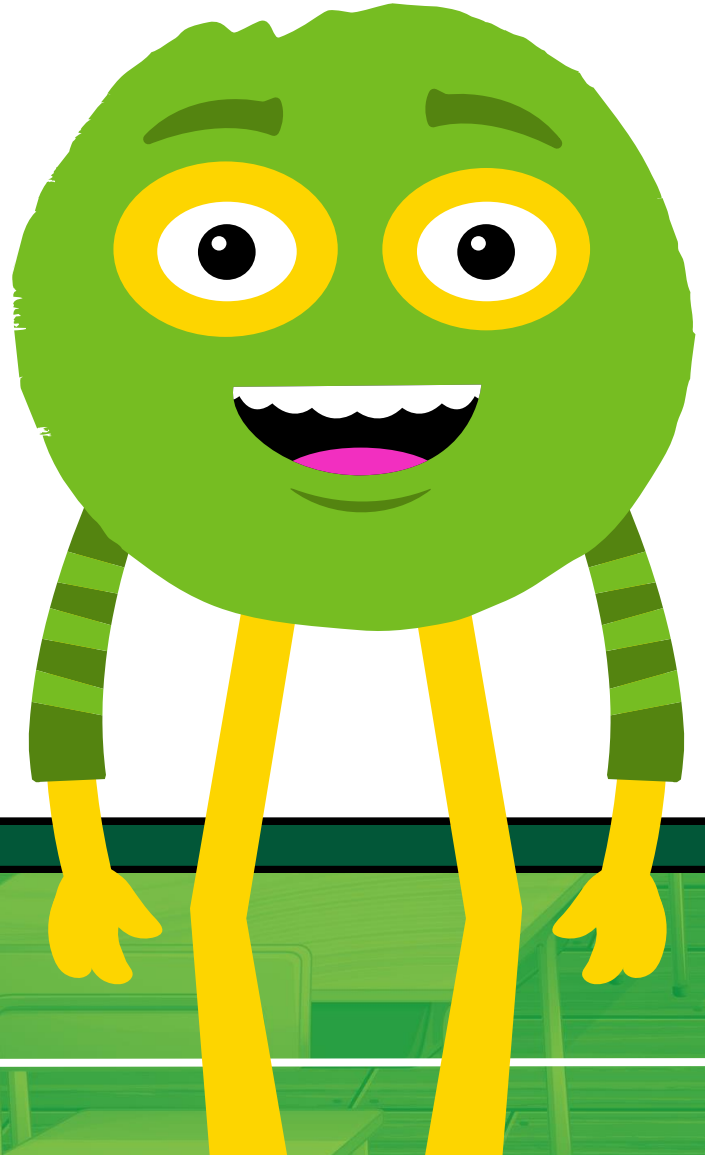
STEP 2
BECAUSE...

Describe what warning signs or threats you are seeing and bring any texts, videos or pictures you may have.

STEP 3
AND I NEED YOUR HELP TO...

Tell your Trusted Adult what you would like their help with.

SAY SOMETHING
A YOUTH VIOLENCE PREVENTION PROGRAM
FROM SANDY HOOK PROMISE



GOALS

Understand what the *Say Something* program is.

Learn the three steps that will help keep your friends and classmates safe from hurting themselves or someone else.

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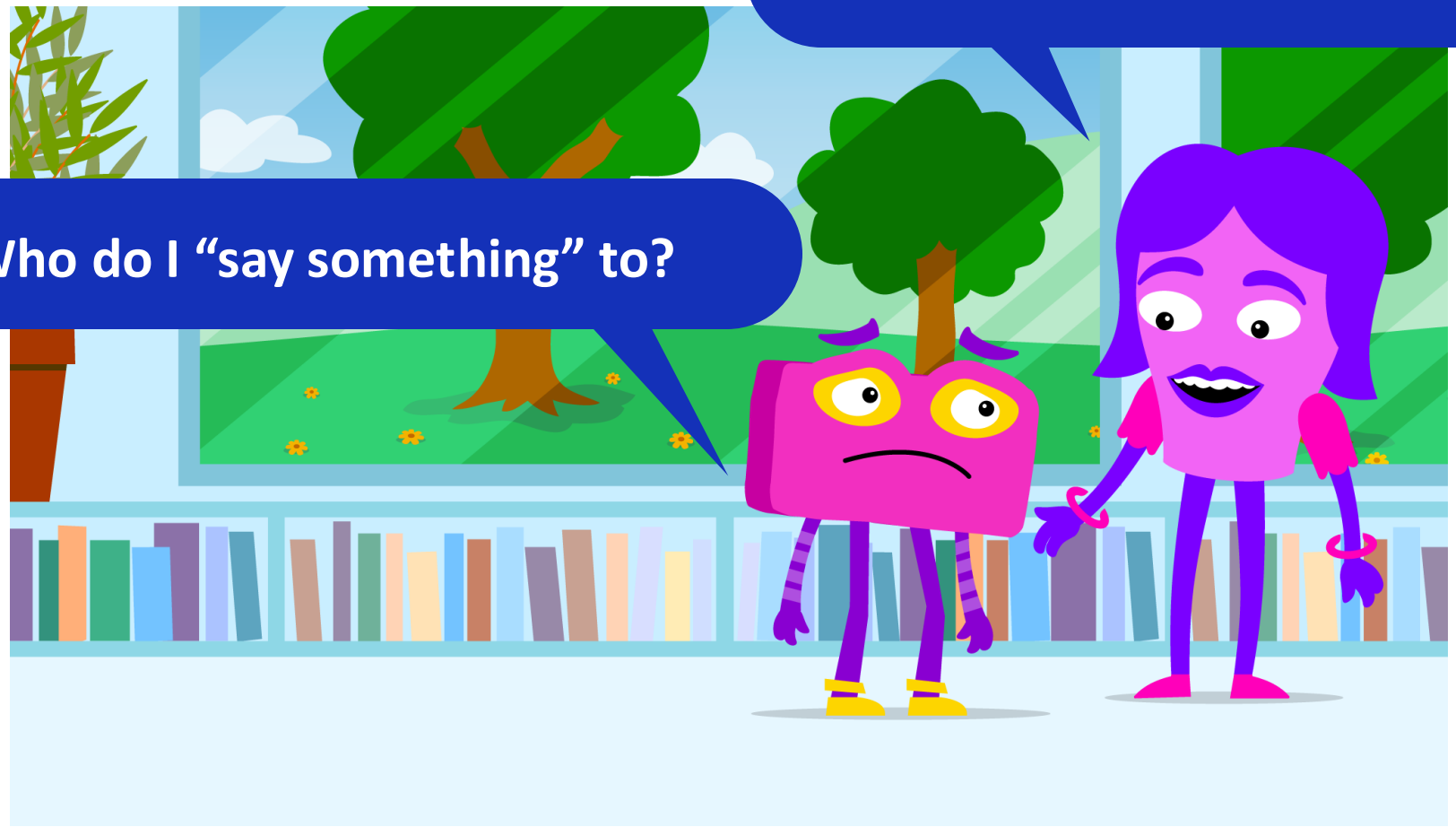
SAY SOMETHING
I noticed...
I feel...
I heard...
I believe...



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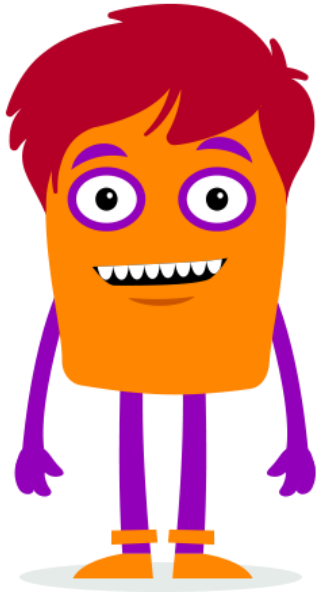
Trusted Adults

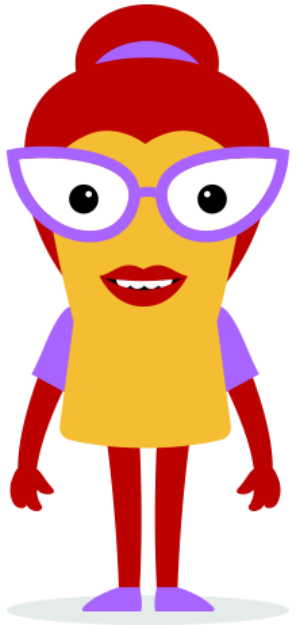
Teacher



Custodian

Counselor

Principal



Librarian

Coach

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Draw what the three steps mean to you!

Part 2: *Engage*
Planning for After Student Training

Think about ideas for **engagement activities** that will reinforce the three steps of the ***Say Something*** message.

ENGAGE: Best Practice Lessons

- Categorized into 5 Thematic Units:
  - Belonging
  - Identity
  - Warning Signs
  - Empathy
  - Youth Agency
- Aligned to CASEL 5 competencies and Learning for Justice Social Justice Standards
- Flexible: 25 – 60 minutes
- Each unit has a corresponding student workbook
- Reinforce the core *Say Something* messages

Lesson Plan Structure: Flexibility

- Essential Question
- Mindful Minute
- Student Connector
- Main Activity (25 minutes)
- Optimistic Closure
- Explore More
- Family Engagement

Warning SIGNS

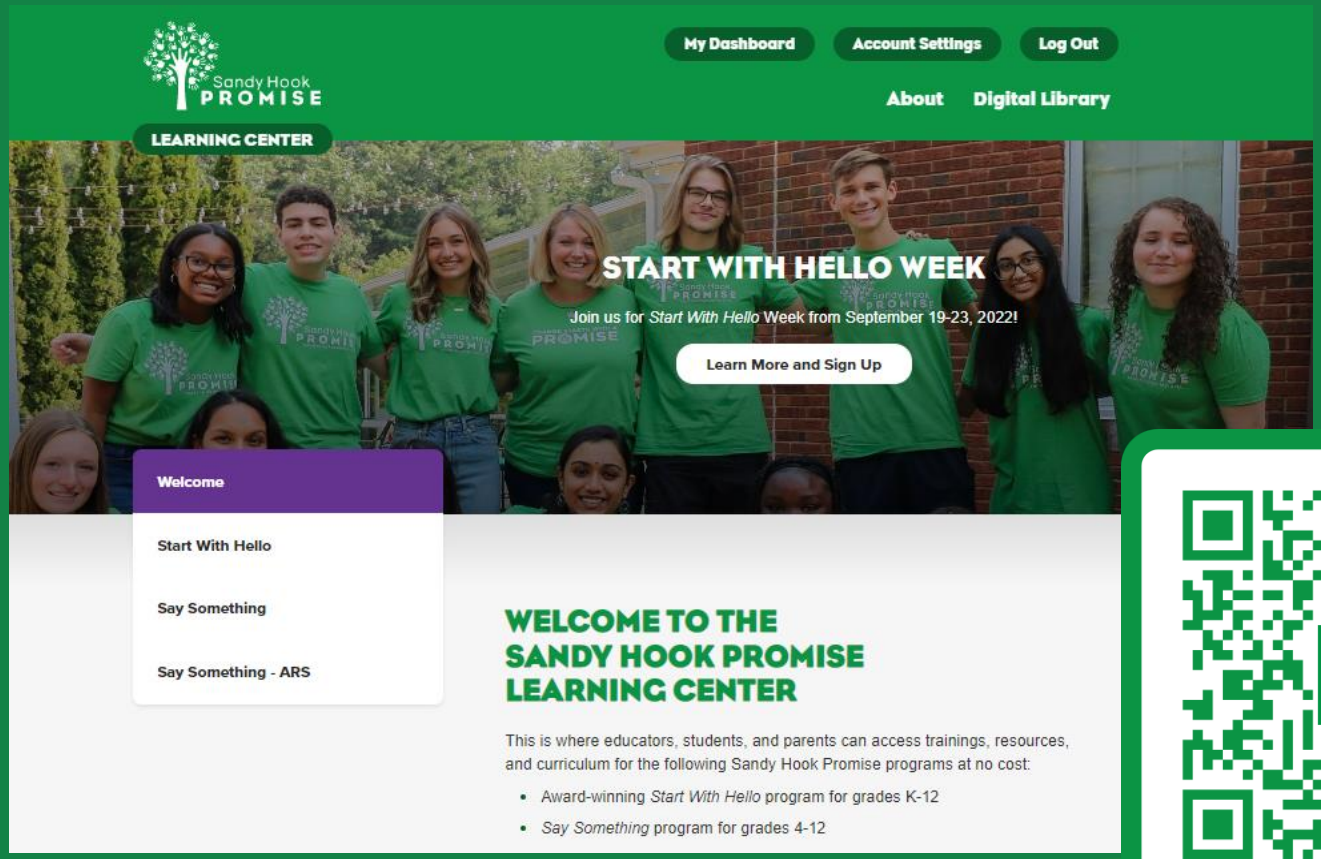
- ❑Suddenly withdrawing from people and activities
- ❑Regularly bullying or intimidating others
- ❑Extreme mood or personality changes
- ❑Victim of constant social rejection
- ❑Talking about plans or making plans to harm themselves or others
- ❑Hanging out with negative role models
- ❑Bringing a weapon to school or talking about bringing a weapon to school
- ❑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
- ❑Cruelty to Animal

PSA: EVAN

Welcome to the:

SANDY HOOK PROMISE LEARNING CENTER



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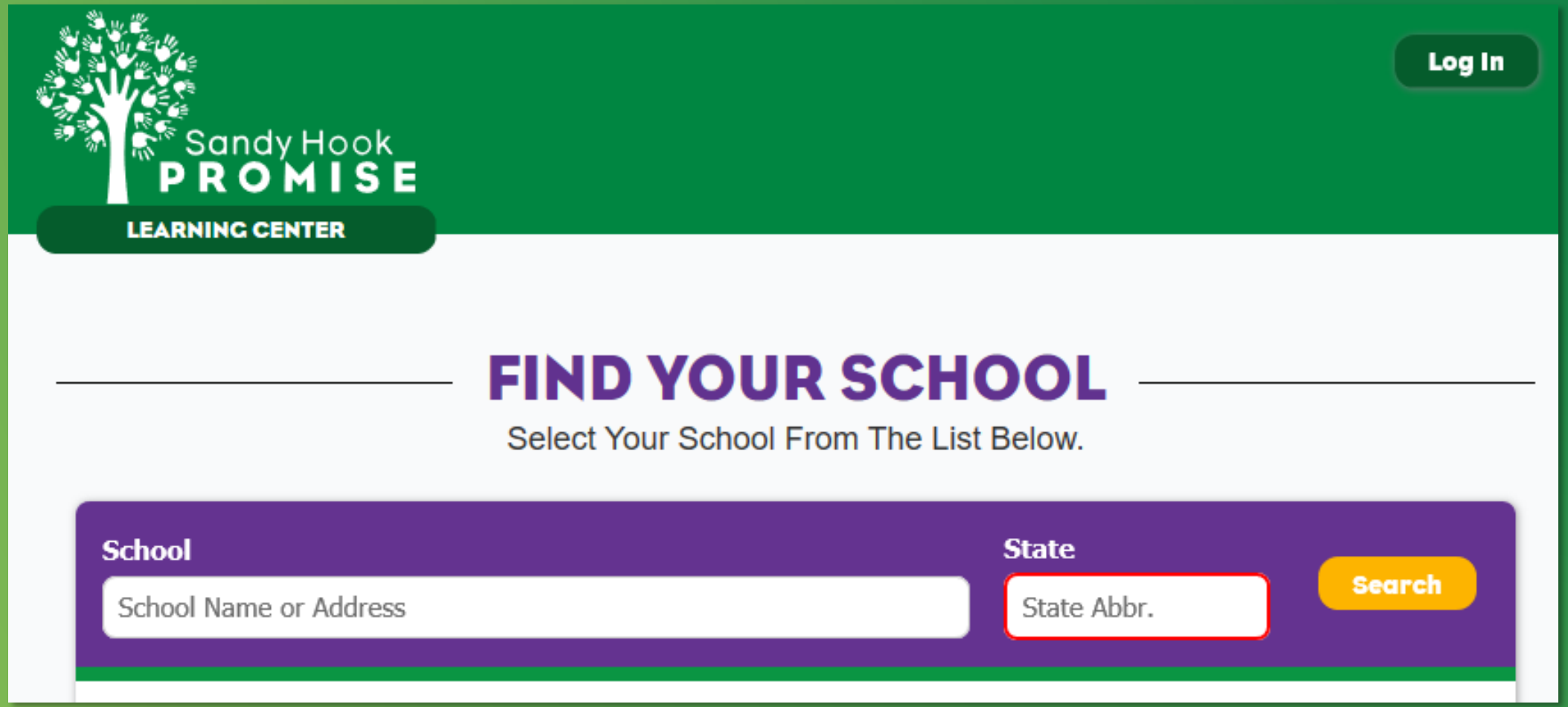
Easy REGISTRATION



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Being a Trusted Adult

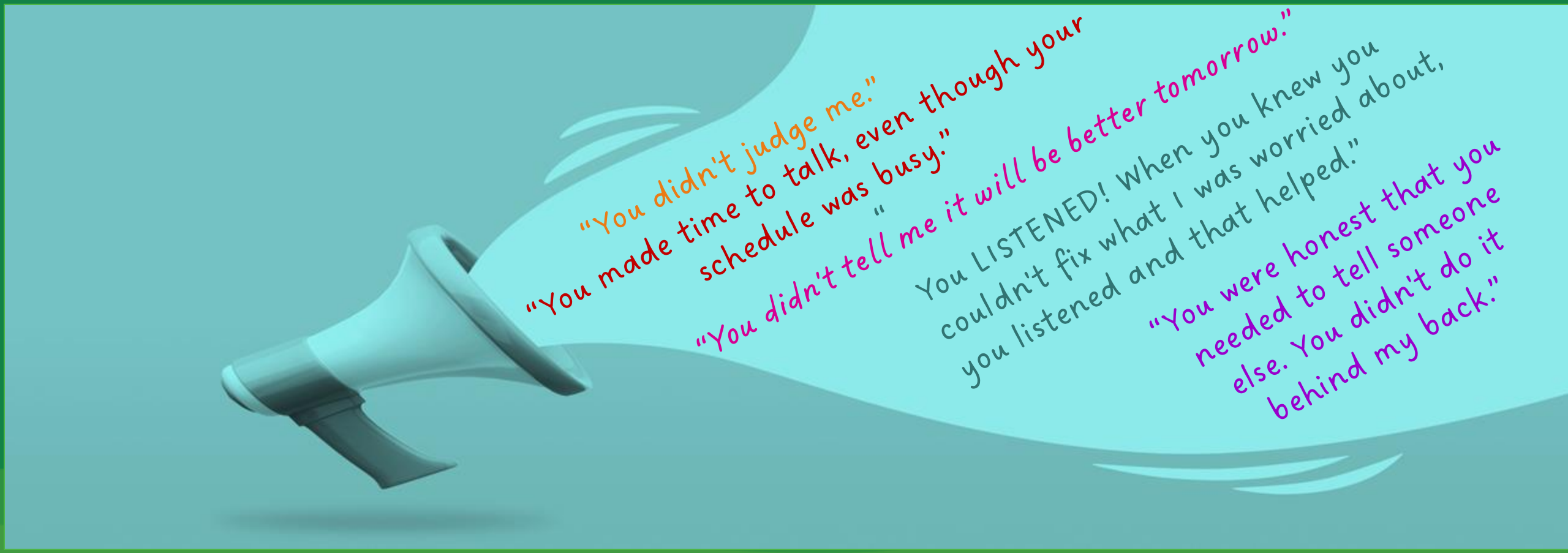
Break-cersize Self-Care Bingo

WHO WAS YOUR *Trusted Adult* ?

Four Corners

Who was a Trusted Adult that you could go to if you had a problem or dilemma?

Voices of Trust: What Kids Say About Trusted Adults



How do you let students know they can come to you when they have a problem or issue to discuss?

Being Your Best TRUSTED ADULT Self

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Understanding Barriers to Being a Trusted Adult

Assumptions

Definition: Preconceived notions or beliefs about someone or something based on past experiences or lack of information.

Example: "A teacher notices a student regularly sleeping in class and assumes he's disinterested in school, not considering that he might be working a late job to help support his family."

Bias

Definition: An inclination or prejudice for or against one person or group, especially in a way considered to be unfair.

Example: "A school administrator, influenced by personal bias, consistently calls on male students more than female students during school assemblies, potentially discouraging female students from speaking up."

Personal Beliefs

Definition: Deeply held convictions or opinions, often influenced by one's upbringing, culture, or personal experiences.

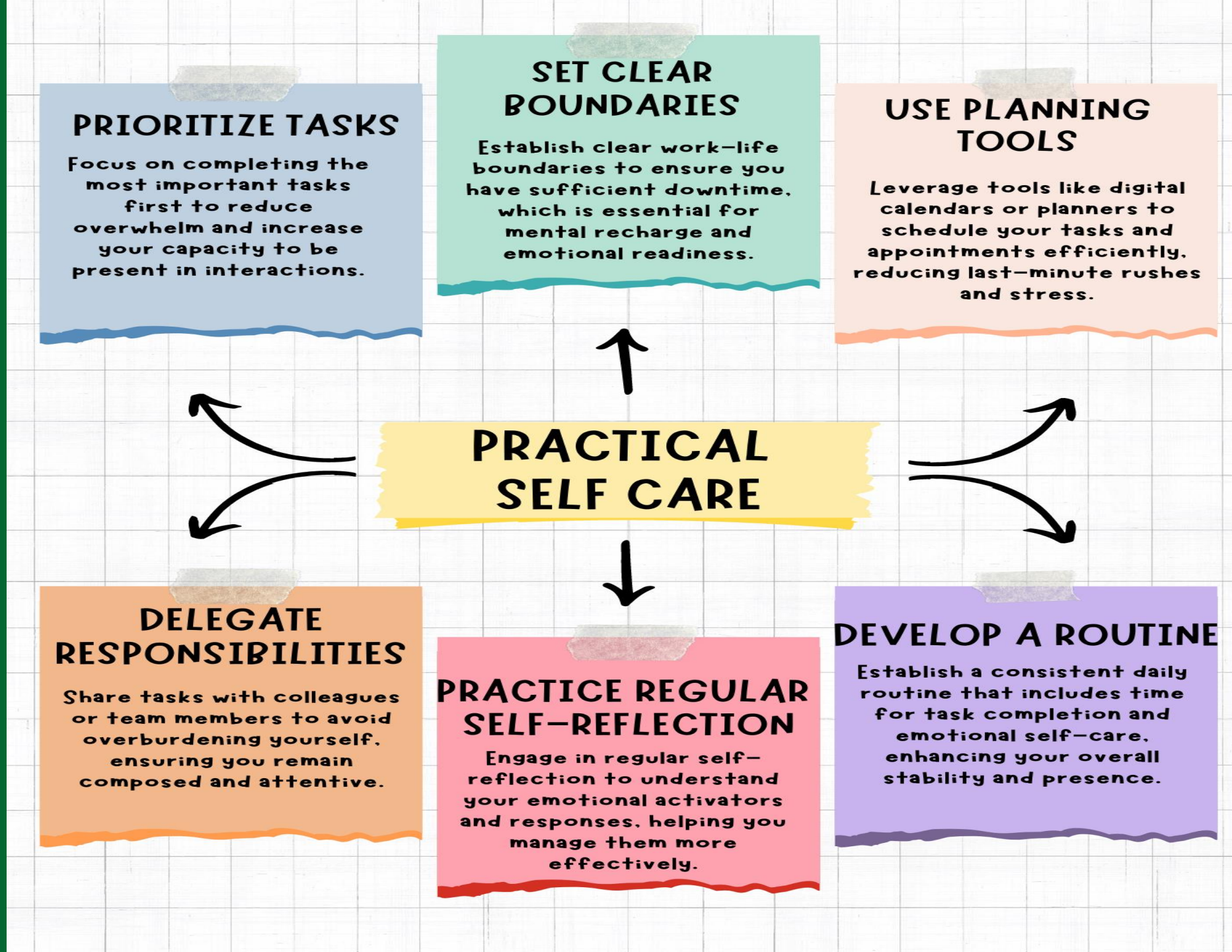
Example: "A coach, holding strong personal beliefs about the importance of independence, may downplay a student's request for help, believing they should solve problems on their own, thereby missing an opportunity to provide support."

Being a Trusted Adult: Signals of Emotional Availability

Think - Pair - Share:

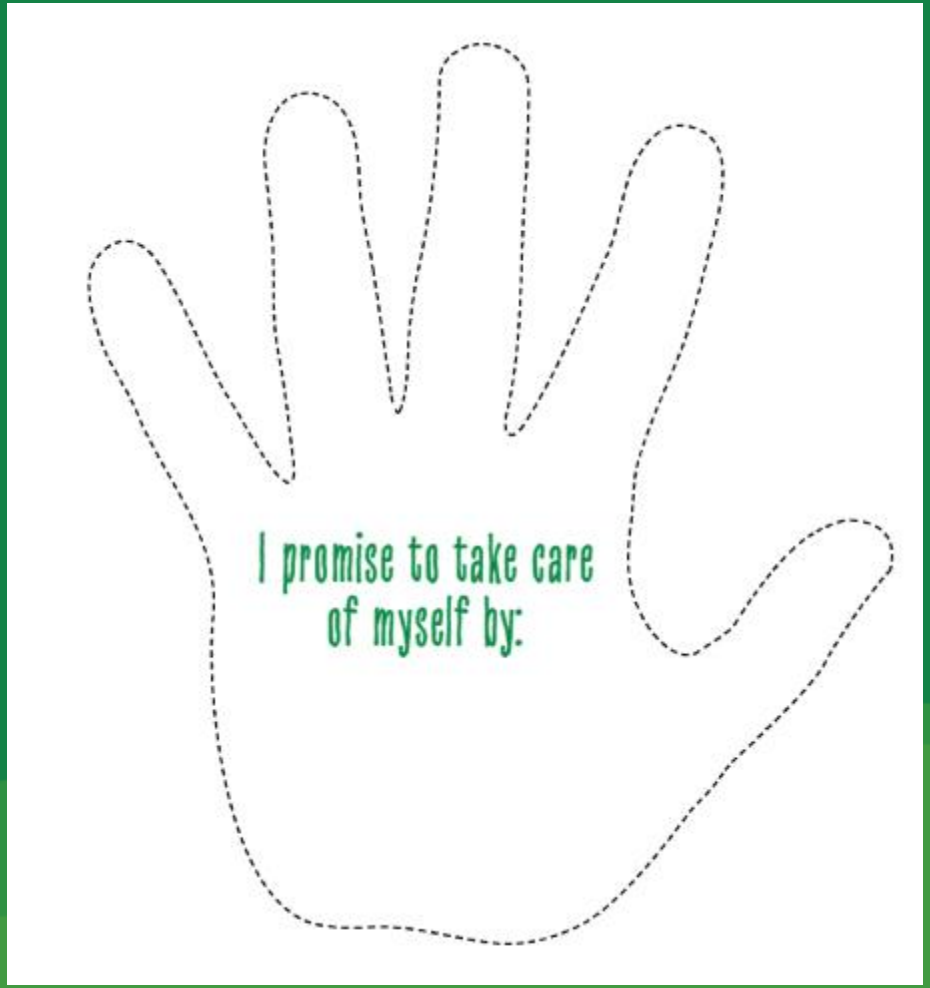
How might our actions or beliefs inadvertently signal we are emotionally closed off?

Beyond Relaxation: The Role of Self-Care



Trusted Adult Self-Care

- Trace your hand
- Make 5 commitments to care for yourself for the upcoming school year



STUDENTS ARE BEING TRAINED IN THE *Say Something* PROGRAM TO COME TO YOU USING LANGUAGE SUCH AS:

- I need your help right now.
- Can I talk to you about a friend in need of help?
- I have some serious information to share with you, it's urgent.
- I saw a concerning social post; can I talk to you about it?

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SAY SOMETHING

How to Be A TRUSTED ADULT

Step 1: Listen

Step 2: Respond

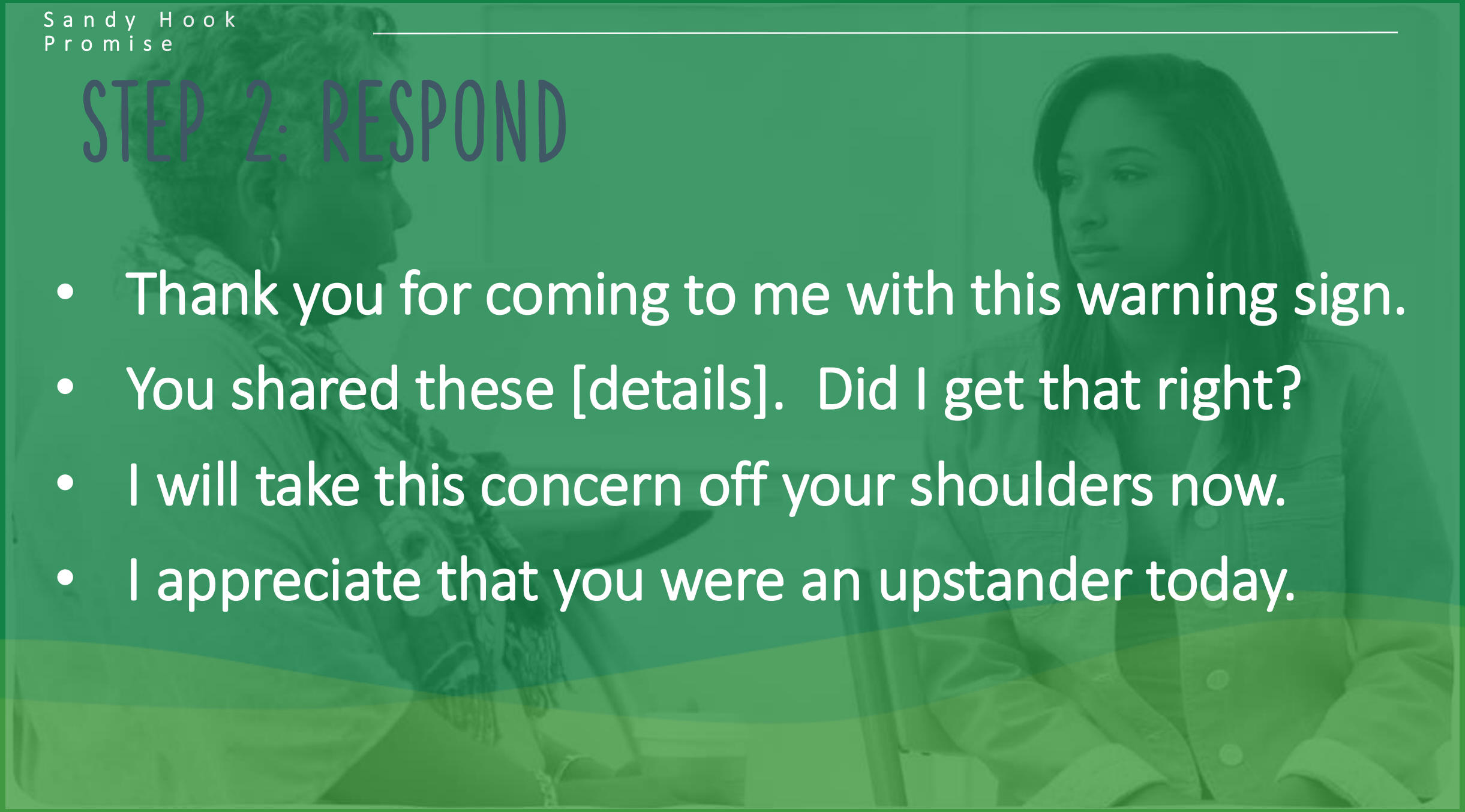
Step 3: Follow-Up

Step 4: Reassure

STEP 1: LISTEN

- Body language
- Caring
- Avoid: shock, judgment, “no big deal”
- Paraphrase

STEP 2: RESPOND



- Thank you for coming to me with this warning sign.
- You shared these [details]. Did I get that right?
- I will take this concern off your shoulders now.
- I appreciate that you were an upstander today.

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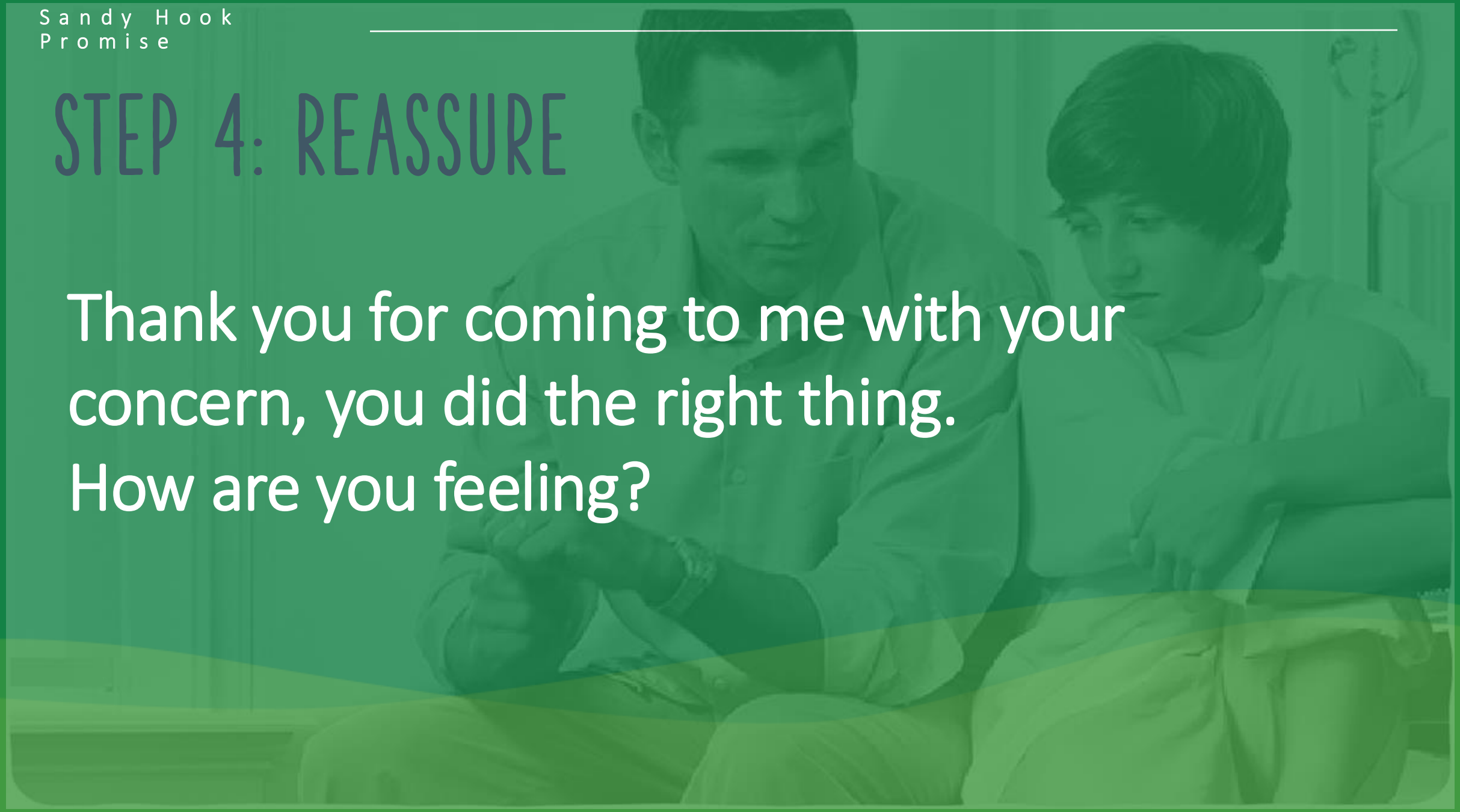
STEP 3: FOLLOW UP *(according to school policy)*

- Administration
- School Resource Officers
- Nurse
- Social Worker
- Psychologist

What is your school-specific protocol?

STEP 4: REASSURE



Thank you for coming to me with your concern, you did the right thing.
How are you feeling?

How to Respond:

A Formula for the Trusted Adult Response

- Thank you for coming to me with this warning sign.
- You shared these [details]. Did I get that right?
- I will take this concern off your shoulders now.
- I appreciate that you were an upstander today.

Role Play Scenario

A student approaches you first thing in the morning and states "Hello. I need to share a post with you that I saw at midnight last night."

As the trusted adult, how do you respond? What are your next action steps?

Your turn: Role Play Scenario

As students work on an independent computer project, a student comes to your desk and hands you a note. The note says the student sitting next to them has been looking up different types of guns and ammunition, how do you proceed?

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