



**KNOW THE  
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

## **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."*