

# Know the Signs Family Agreement

Our ideal family/home looks like:

We experience joy in our family when:

Our ideal family/home feels like:

We feel safe in our family when:

We actively work to create an environment where everyone feels included and a sense of belonging by:

When something is not working with our family agreement, we will:

**SIGNATURES:**

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Hello \_\_\_\_\_,

Thank you for being my Trusted Adult. I have chosen you as a Trusted Adult because

[illegible]

With Gratitude,

\_\_\_\_\_



Hello \_\_\_\_\_,

Thank you for being my Trusted Adult. I have chosen you as a Trusted Adult because

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With Gratitude,

\_\_\_\_\_

# Circle Up Sample

## Opening:

- Play a song of empowerment.
  - What was your favorite part of the song?
  - Check in with the group.
  - Use one word to describe how you feel today.
- Have everyone draw their emotions on an index card
  - If your emotions were a weather pattern, what would they be?

## Discussion Questions:

- What is your favorite app?
  - How does this app make you feel?
  - How does social media make you feel?
  - What can you do if you come across a warning sign on social media?
- If you could have any superpower, what would it be?
  - What would you do with this superpower?
- If there was some sort of conflict...
  - What happened?
  - How did that make you feel?
  - What can be done to repair the relationship?

## Closing:

- What is one word you will take from this conversation?
- Shout out someone who said something that resonates with you.



Thumbs up if you  
liked this conversation



Thumbs to the side  
if it was okay



Thumbs down if you  
did not enjoy this  
discussion

# Our Family Circle Up Norms

While sitting in the circle, we will bring:

As a family, we promise to (when we circle up):

When we have challenges or face obstacles like:

We will revisit our norms and:

# Healing Centered Space Grid

Prompts	Group Responses	What can we do as a family to make sure we meet our wishes and dreams for a healing community:
In this family, well-being means:		
<p>We all have lots of strengths.</p> <p><b>Our strengths are:</b></p> <p>Together, we can use our strengths to create a healing centered family.</p>		
We want to feel joy when we together, when we are feeling joyful, we are:		
We want to feel safe when we are together, when we are feeling safe, we are:		
To feel like this is a place of healing and belonging, we will need to:		
Other:		

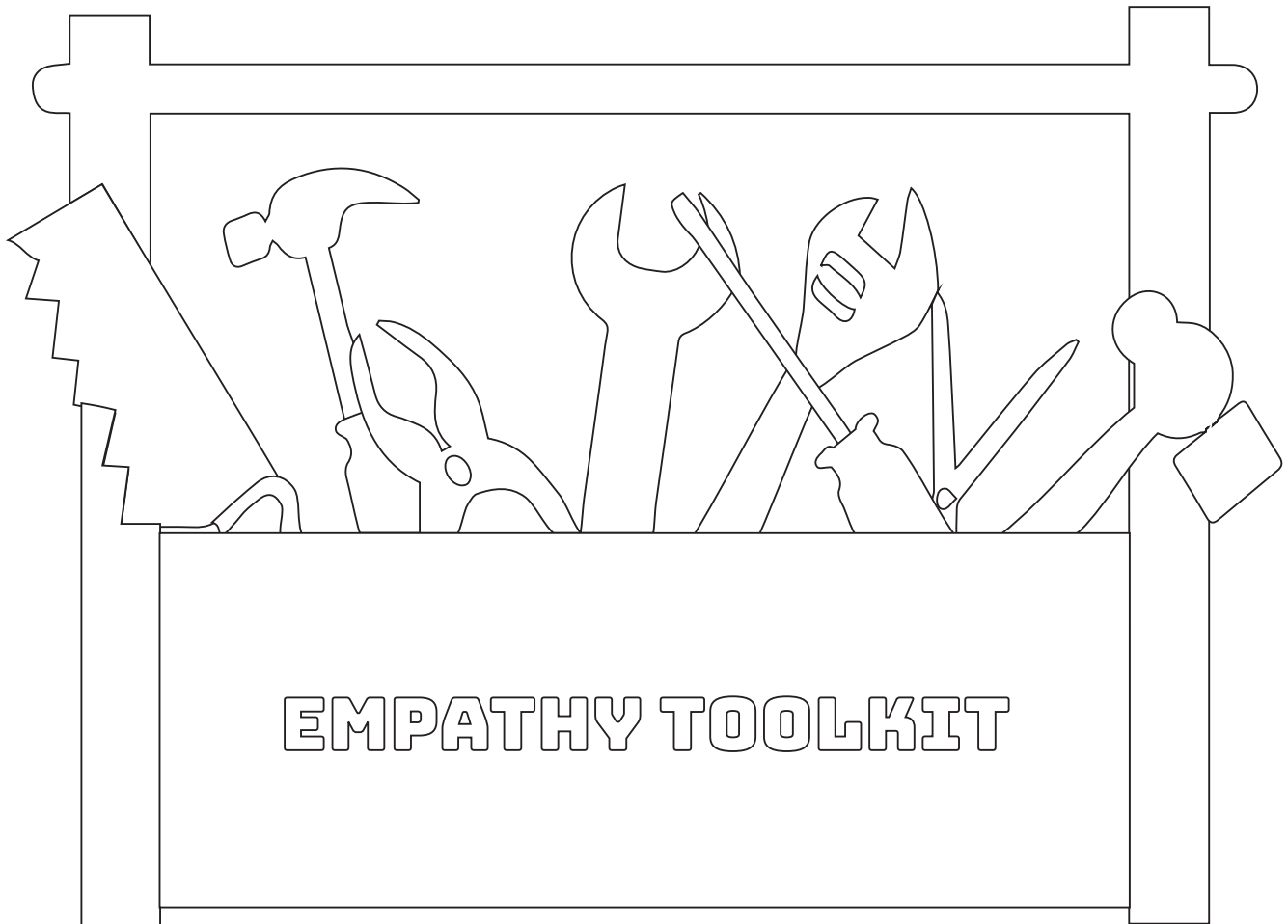
# Self-Empathy Cycle



# Self-Empathy Cycle



# Developing an Empathy Toolkit



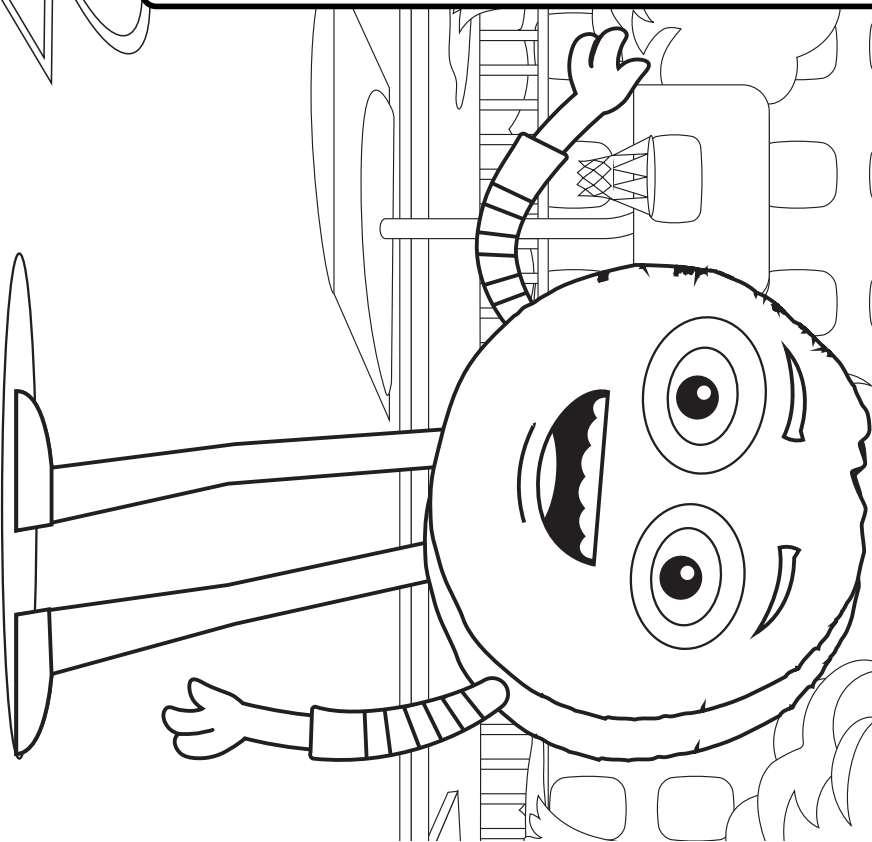


# SAY SOMETHING STEPS

Step 1: Look for warning signs and threats

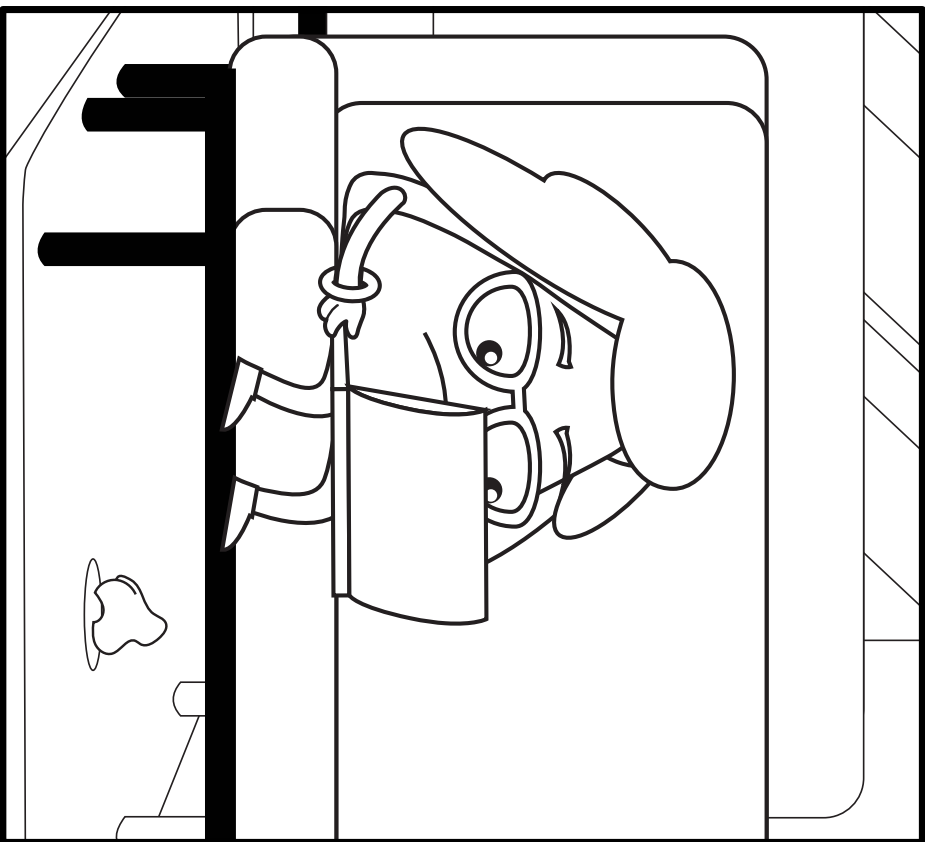
Step 2: Act Immediately, take it seriously

Step 3: Say something

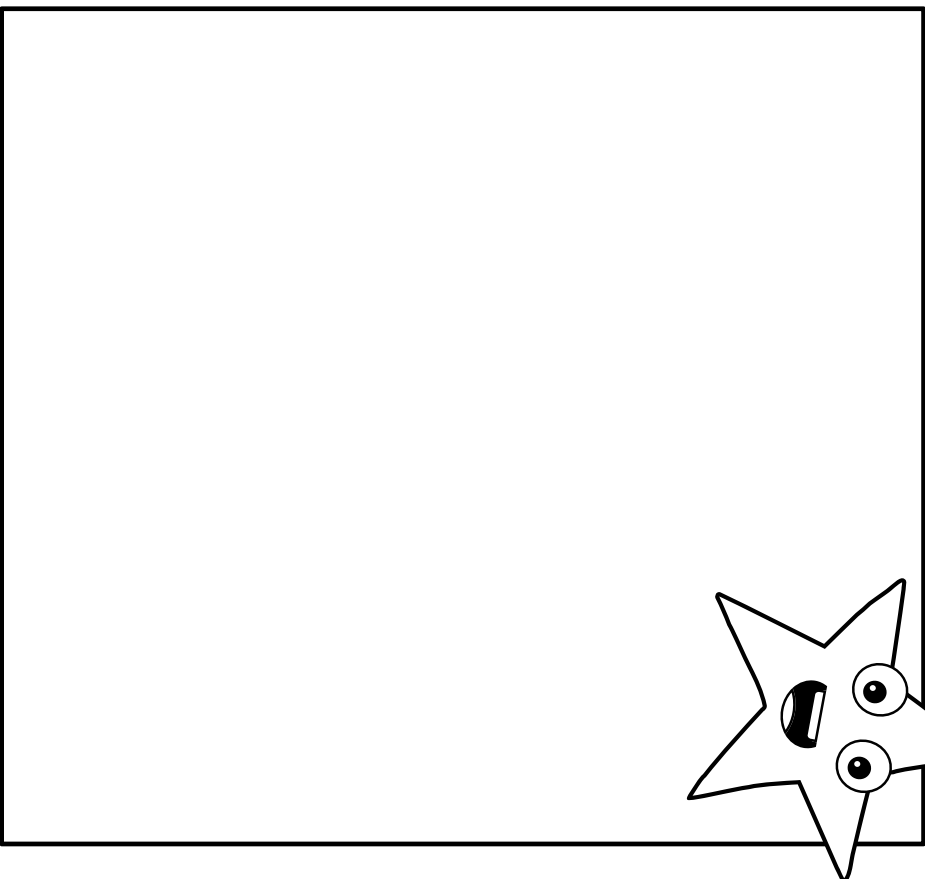


There are lots of different ways you can say something to your

TRUSTED ADULT.



Email or Text.

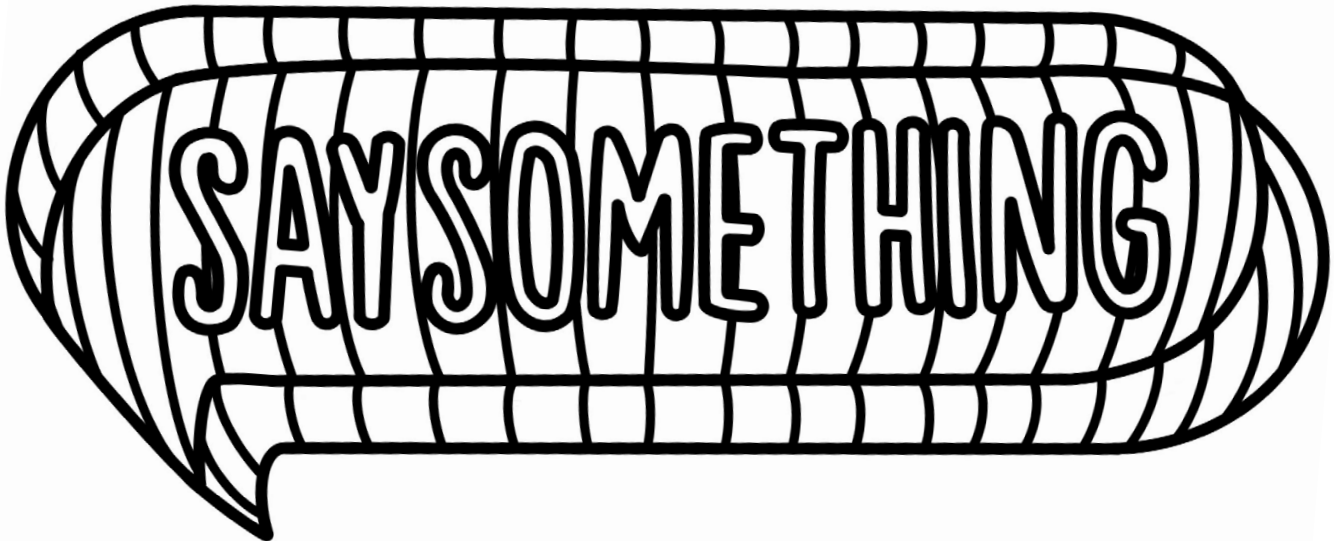


Draw your own Say Something style!



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# SAY SOMETHING

## WARNING SIGNS

**Make sure you tell a Trusted Adult if you see one of these warning signs in a classmate:**

🖐️ **BIG MOOD CHANGES**

🖐️ **TALKING ABOUT HURTING SOMEONE**

🖐️ **TALKING ABOUT HURTING ANIMALS**

🖐️ **BEING BULLIED OR BULLYING**

🖐️ **MAKING FUN OF SOMEONE BECAUSE  
THEY ARE DIFFERENT**

🖐️ **HURTING THEMSELVES ON  
PURPOSE**

🖐️ **HAVING ACCESS TO A GUN**





# SAY SOMETHING

## WARNING SIGNS

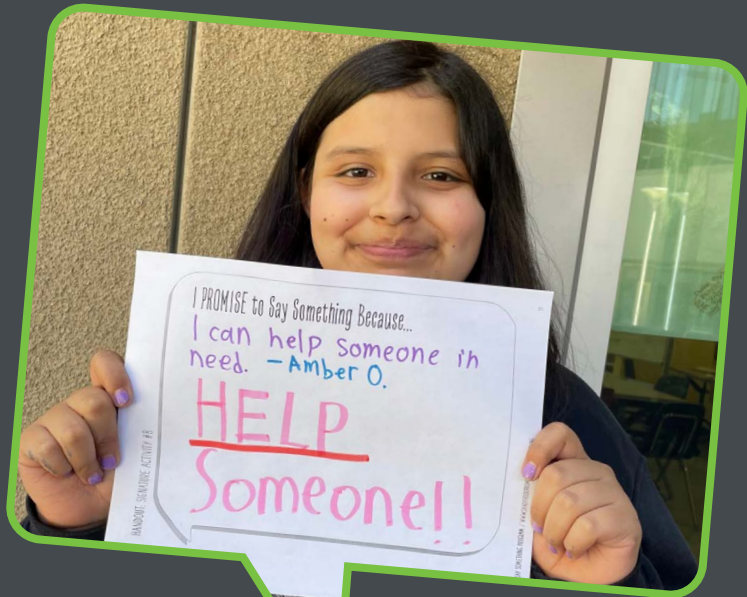
- ☐ Suddenly withdrawing from people and activities
- ☐ Regularly bullying or intimidating others
- ☐ Extreme mood or personality changes
- ☐ Victim of constant social rejection
- ☐ Talking about plans or making plans to harm themselves or others
- ☐ Hanging out with negative role models
- ☐ Bringing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

This checklist is not meant to be a comprehensive list of warning signs or used as a stand-alone document. It should be used in conjunction with our *Say Something* program.



# SAY SOMETHING

Share Your Activities With Us!



SOCIAL:   @sandyhookpromise  @sandyhook

EMAIL: [programs@sandyhookpromise.org](mailto:programs@sandyhookpromise.org)

