



Los Angeles Unified School District
 Division of School Operations
Student Health and Human Services
 School Mental Health

Student Upstander

Someone who speaks up and takes action to help someone else.



What are the three steps to being a Student Upstander?

- 1 **SEE SOMETHING**
- 2 **ACT**
- 3 **SAY SOMETHING**

1. SEE SOMETHING

Recognize warning signs and threats. Warning signs are when someone says or does something that shows they MAY be planning to harm themselves or others. We can see warning signs and threats by:

- The way someone is acting
- Something they have written
- Something that someone said
- Social media activity that is concerning

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

Remember, people often show warning signs before they hurt themselves or others.
 -Sandy Hook Promise

WARNING SIGNS A PERSON
MAY BE PLANNING TO
HARM THEMSELVES

- Talking about wanting to die, be dead, or talking about suicide
- Talking about cutting or hurting themselves
- Feeling like things will never get better
- Doesn't seem like themselves and your gut is telling you to be worried

If someone suddenly seems to be doing a lot better, it might be a warning sign!

WARNING SIGNS A PERSON
MAY BE IN CRISIS

- Big changes in personality or appearance
- Struggling to deal with a loss in their life
- Has withdrawn or pulled away from everyone and everything
- Has become on edge or seems unusually angry
- Being physically or verbally abused
- Displaying cruelty to animals
- Being bullied or bullying others

THREAT!

A threat is when someone communicates that they PLAN TO HARM themselves or others. Some might say a threat, write a threat, or post a threat on social media. For example:



"I'm going to take them all out."



"I'm going to end it all."



"It's over for all of you."



2. ACT

Act immediately when you see a warning sign or threat and take it seriously; get help.

Some reasons people don't act immediately or take it seriously are:

- *I'm worried my friend will be mad at me.*
- *They told me I'm the only one they can trust & I have to keep it a secret.*
- *They said they were just kidding.*
- *My parent/caregiver told me to stay out of other people's business.*
- *I don't want to be called a snitch.*



3. SAY SOMETHING

Say something to a Trusted Adult. Trusted Adults have the knowledge needed to get help, you don't have to be the expert.

Who is a Trusted Adult?

- Teacher
- School Administrator
- Counselor
- Nurse
- Coach
- Parent/Caregiver
- Mentor
- Family Member
- Community Leader
- Those with a background in mental health: Psychologist, Psychiatric Social Worker, PSA Counselor

Make a difference.
STAND UP, rather than stand by!

HOW TO HAVE A CONVERSATION WITH A TRUSTED ADULT

1 I WANT TO SAY SOMETHING...

Tell your Trusted Adult who you are concerned about.

2 BECAUSE...

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

3 AND I NEED YOUR HELP TO MAKE IT STOP...

Tell your Trusted Adult what you would like help with.

RESOURCES

IF YOU NEED IMMEDIATE HELP, CALL 911.

24/7 COMMUNITY RESOURCES:

Crisis Text Line - Text "LA" to 741741

988 Suicide and Crisis Lifeline - 988 or 800.273.8255

Trevor Lifeline - 866.488.7386

Teen Line - 800.852.8336 (6pm-10pm daily)

TRUSTED ADULTS AT MY SCHOOL

School: _____

Staff Name: _____

Title/Room #: _____

Staff Name: _____

Title/Room #: _____

Staff Name: _____

Title/Room #: _____



Los Angeles Schools Anonymous Reporting (LASAR App) To anonymously report instances of suspicious activity, mental health incidents, and other safety issues from a smartphone.