STAND UP AND SPEAK UP | FOR STUDENTS WHO SEE IT

I saw it happen. Now what?

You do not have to be a hero. You just have to tell someone. Here is how to help without making it worse.



1 **Stay safe. Do not join in.**
Do not laugh, cheer, or film it to share. If it looks physical, get an adult right away.

2 **Check on the person afterward**
A simple 'that was not okay, are you alright?' can mean more than you think. You do not have to fix it.

3 **Tell someone**
Use any pathway: text the school number, scan the QR code, use the app, or tell a trusted adult. You can report something that happened to someone else.

4 **Say what you saw**
Who, what, where, and when, as best you remember. Stick to what you saw and heard.

5 **Do not share it**
Keep videos, screenshots and rumors out of group chats. Show them only to the adult handling the report.

6 **Keep checking in**
Sit with them at lunch, invite them in. Small, steady kindness helps.

SCHOOL USE: complete this box before you print or hand out these pages

School text number *[School text number]*

QR / web page address *[QR / web page address]*

Trusted adult / office *[Trusted adult / office]*

PLACE YOUR SCHOOL'S QR CODE HERE

These are blank on purpose. Your number, organization code and QR code are set up with Active SOS during rollout. Add them here, then distribute.

If someone is in danger right now, call 911. If you or a friend is thinking about suicide, call or text 988.