STAND UP AND SPEAK UP | PARENT GUIDE

Your child's 30-second plan.

How Protect works at your school, how your child can tell someone, and what to do when they do.



Why kids stay quiet

Most bullied kids never tell an adult. They worry it will get worse, that they will be called a tattletale, or that nobody will listen. Adults cannot help with what they never hear about. Protect gives your child a quick, private way to tell the school, and gives you a way to tell it too.

Four ways your child can tell someone

1 Text

Texts are confidential, not anonymous: school staff who review reports can see the sender's phone number. A text does not send location, so say where it is.

2 QR code or web page

Name and number are optional. The phone asks permission before sharing location, and shared location shows on a map with distance from campus.

3 App

Active SOS Protect with your school's organization code. The app uses a name and number and sends location with the alert.

4 A trusted adult

A counselor, teacher or coach. Help your child pick one before they need one.

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]*
App organization code	*[App organization code]*
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.

Sometimes it feels like no one sees it.

Your child may never say the words. Listen for what they are really telling you.



Signs worth noticing

None of these prove anything on their own. A change that lasts, or several together, is a reason to ask gently.

- Does not want to go to school, or asks to stay home more often
- Changes in sleep, appetite, or mood that last more than a couple of weeks
- Pulls away from friends or activities they used to enjoy
- Seems anxious or upset after using their phone
- Belongings go missing, or they mention a 'joke' that does not sound like one

What to say when they tell you

Start with thanks

“Thank you for telling me. That took courage.” Stay calm. Your reaction decides whether they tell you again.

Listen first

“Tell me what happened.” Do not interrupt or fix it right away. Let them finish.

Ask what they need

“What would help most right now?” Kids often fear that telling will make things worse. Ask what they are afraid of.

Make a plan together

“Let's decide the next step together.” Write down dates and details, keep screenshots, then report it to the school.

What to do next

1 **Write it down**

Who, what, where, when. Keep screenshots of anything online.

2 **Report it to the school**

Use any option on page 1. Ask who will review it and how they will follow up, and check back. If it continues, ask for a meeting.

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You never face it alone.

If your child is hurting, you can ask directly. Asking does not plant the idea.



If you are worried your child may be thinking about suicide

Ask plainly: **“Are you thinking about suicide?”** Listen without judgment. Stay with them. Remove access to anything dangerous. Then get help right away.

Call or text 988 (Suicide & Crisis Lifeline) any time, for your child or for you. **If they are in danger right now, call 911.**

What Protect does and does not do

- Gives students and parents a quick way to reach school staff by text, QR code or web page, app, or a trusted adult.
- Protect does not track students and has no background location. Location is shared only with an alert, or when a student allows their phone to share it.
- The school decides who reviews reports and owns the response to every report.
- Protect is not a replacement for 911, and it does not replace your school's safety plan.

Questions to ask your school

- Who reads reports, and how quickly?
- What happens after hours?
- How will you follow up with my child?
- How do you keep the reporter's name private?

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