

**Counselor's Corner**  
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## Say Something

In response to the horrible act of violence at Sandy Hook Elementary in 2012, the Sandy Hook Promise was created, and from that came the "Say Something" program, a worldwide movement that teaches students to be an upstander not a bystander and to help bring an end to violence.

In last week's FLEX lesson, I shared these 3 steps:

1. Recognize warning signs, signals, and threats.
2. Act immediately, and take it seriously.
3. "Say Something" to a trusted adult.

By teaching students that saying something is not the same thing as tattling on someone, we can empower them to be our eyes and ears. Research indicates that individuals often show warning signs and share information BEFORE they are violent or attempt suicide, so we want our students to be knowledgeable and prepared if they ever find themselves in a situation where they have information that could save someone's life.