

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.





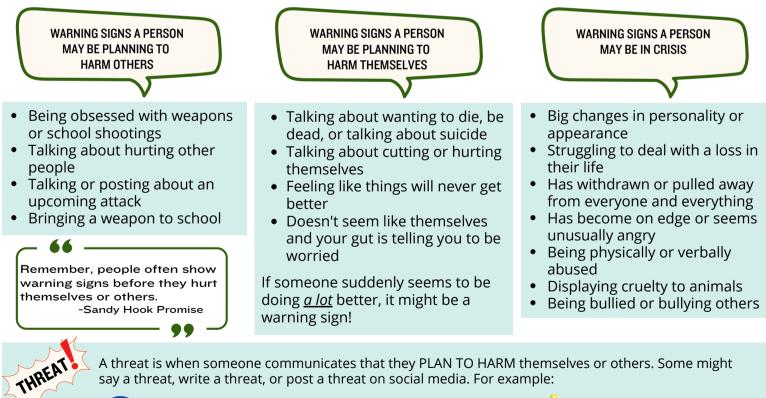
What are the three steps to being a Student Upstander?



1. SEE SOMETHING

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



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.

MORE THAN A

FRIEND...I'M AN

UPSTANDER!

• 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



Tell your Trusted Adult who you are concerned about.



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



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.

Adapted from Sandy Hook Promise's Say Something Program