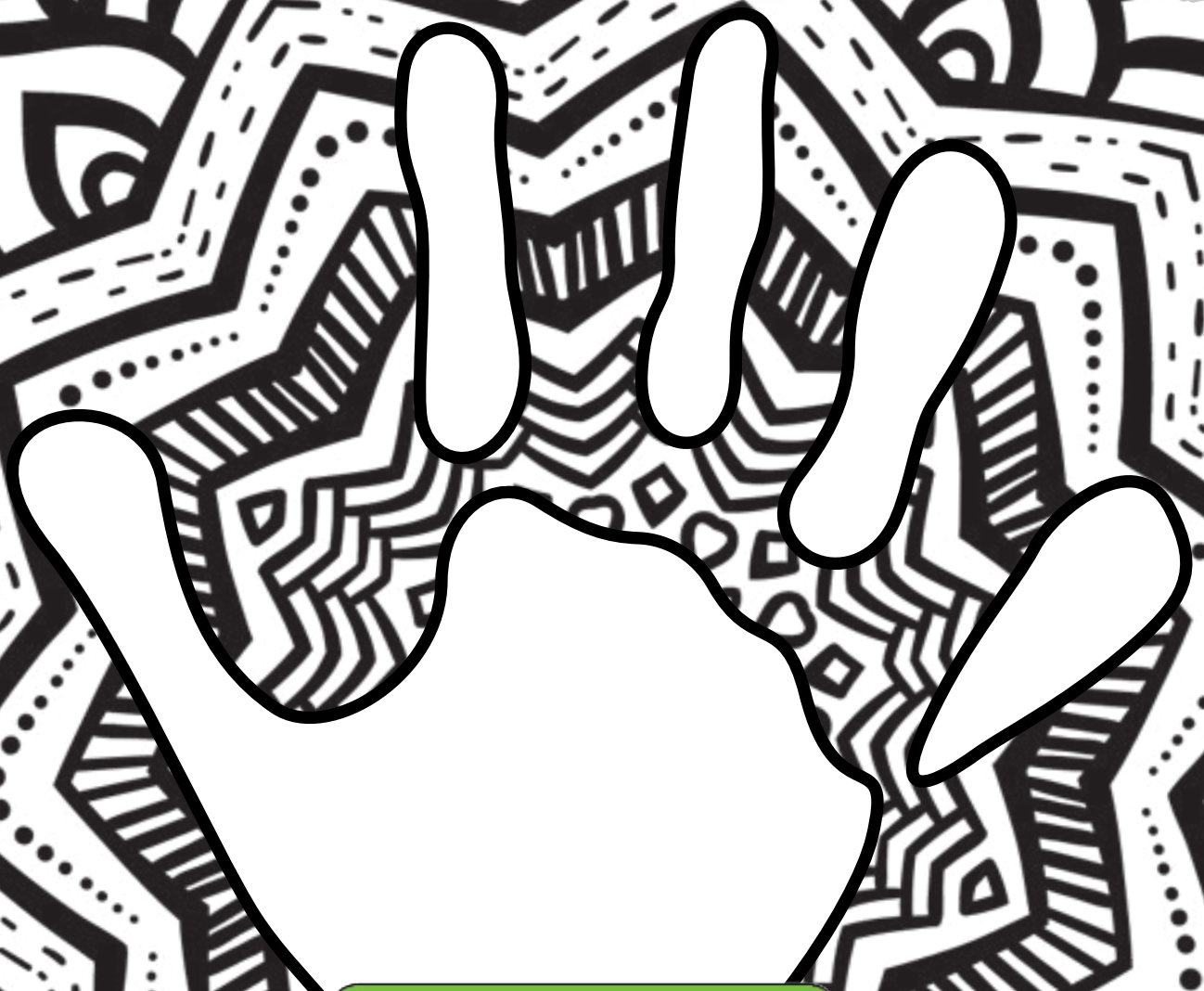


SAY SOMETHING

BELONGING UNIT WORKBOOK

GRADES 6-8



HELLO

MY NAME IS:

SAY SOMETHING™

WARNING SIGNS TO REMEMBER

- Being obsessed with weapons or school shootings**
- Talking about hurting other people**
- Talking or posting about an upcoming attack**
- Bringing a weapon to school**
- Feeling like things will never get better**
- Talking about wanting to die**
- Talking about a plan to die**
- Cutting or burning themselves**
- Big changes in personality or appearance**
- Withdrawal from friends and activities**
- Refusing to go to school**
- Being physically or verbally abused**
- Animal Cruelty**
- Being bullied or bullying others based on real or perceived differences including an of the following**
 - **Race**
 - **Religion**
 - **Gender**
 - **Disability**
 - **Sexual Orientation**
 - **Body Type**



KNOW THE SIGNS COMMUNITY AGREEMENT

Circle Up Check-In

Our topic today is about (circle all that apply):

UPSTANDERS

SCHOOL SAFETY

TRUSTED ADULTS

EMPATHY

IDENTITY

DIFFICULT
CONVERSATIONS

WARNING SIGNS

Some thoughts I have about our Circle Up discussion:

After our circle discussion today I feel:



HAPPY



FRUSTRATED



UNSURE OR CONFUSED

Briefly explain why you are feeling this way:

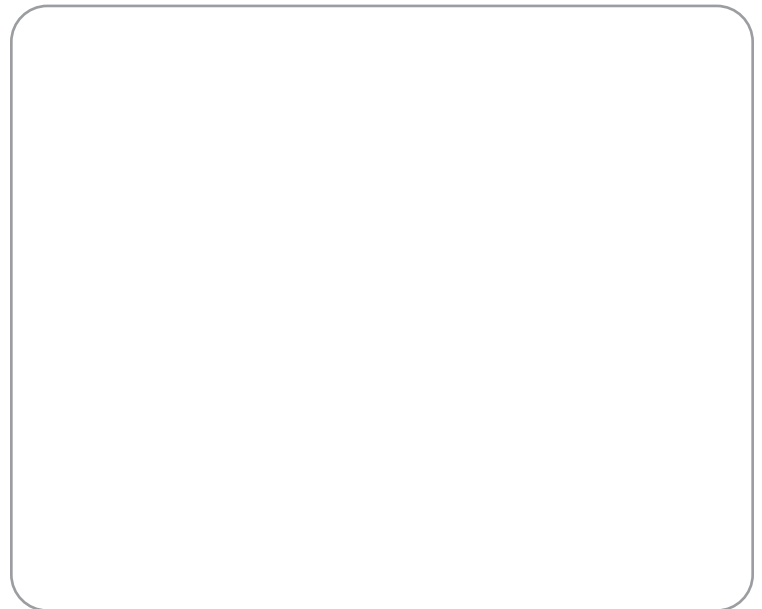
Something I wanted to add to the discussion, but didn't get a chance:

KTS COMMUNITY AGREEMENT HANDOUT

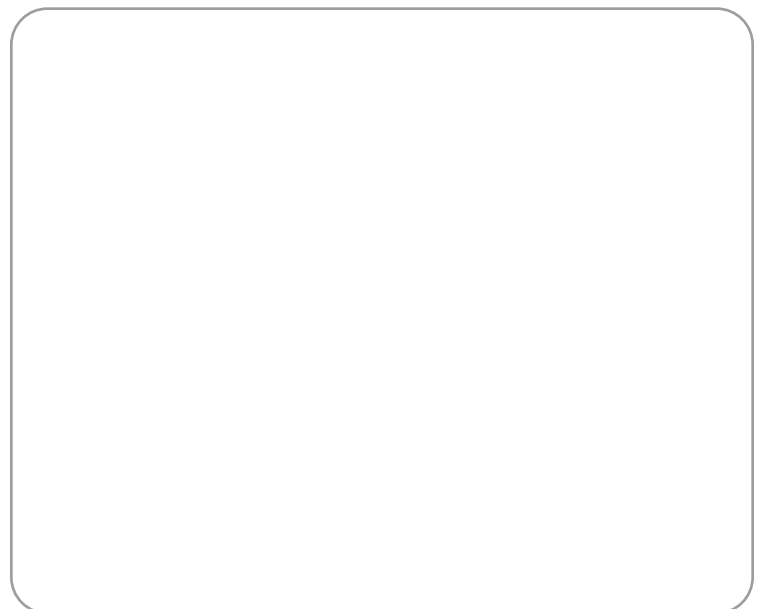
Part 1

Independently, **Think-Reflect-React** to the following questions:

How would you describe your ideal class?



How would this ideal classroom feel? What emotions would it make you feel?



KNOW THE SIGNS COMMUNITY AGREEMENT

Part 2

As a group, assign the following roles and brainstorm what an ideal class would look like. Be sure to highlight qualities that align to the *Say Something* training. Once all qualities are listed, circle or underline your top two favorites.

Assign roles:

- **Facilitator** – gets the necessary supplies and relays instructions to the group
- **Speaker** – shares out and communicates the group's ideas to the whole class
- **Scribe** – will come up to write on the class agreement
- **Timekeeper** – keeps the group on task and ensures on-time project completion

List 5 qualities and expectations for your classmates.

1.

2.

3.

4.

5.

KNOW THE SIGNS COMMUNITY AGREEMENT

Journal Time



KTS Community Agreement - How do you intend to uphold the principles in this agreement?

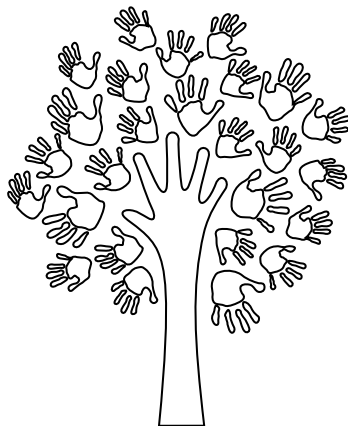
BELONGING GRATITUDE JAR

Directions: Write or draw one thing you are grateful for today in the Gratitude Jar. Revisit and add to the Gratitude Jar on a daily or weekly basis. If you are having a down day, reflect on the notes in this Gratitude Jar and remind yourself of all these things that make your life so wonderful.



BELONGING WORD TREE

Reflect on a time when you felt truly included in an activity. What did it feel like to be part of the group? Write or draw about the experience, and consider how it impacted you both in the moment and in the long term.



BELONGING WORD TREE

Directions: Complete the word tree by writing the vocabulary word and definition in the trunk and 3 ways you will embody the vocabulary term in the boxes. Then, add 3 images that reflect your responses for boxes 1, 2, and 3.



BELONGING WORD TREE

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BELONGING WORD TREE

Safe Space Inventory

Looking around the classroom, I feel:



One thing that will help me learn best today is:



Something that I notice in the classroom that gives me comfort is:



After I leave this class and go about my day, I know I can...

Go to this space to get support or help:



One thing I can do to create safe personal space at my desk/table area is:



Talk to this Trusted Adult to get support or help:



TAPPING INTO TRUSTED ADULT

Who do you tap into when you notice warning signs? Identify the Trusted Adults using the TAP acronym.

My school-based Trusted Adult is: _____

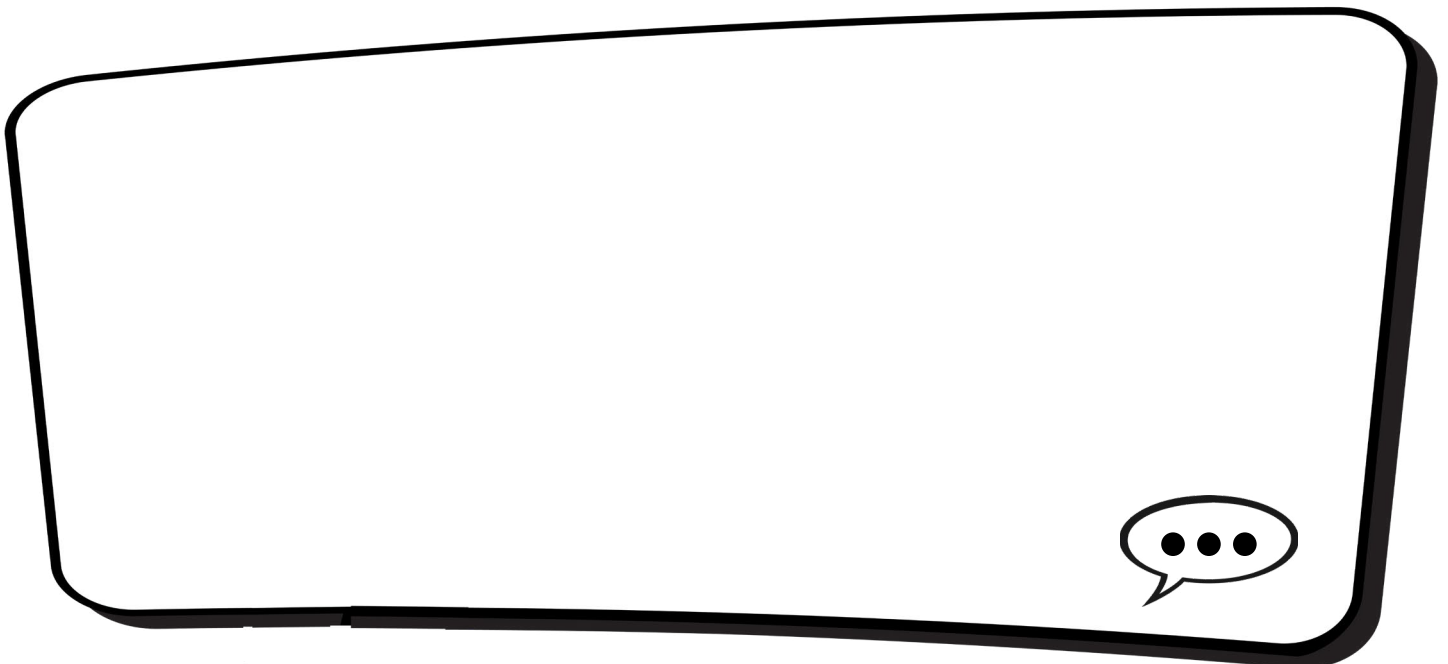
Which qualities and characteristics does my Trusted Adult have? Circle or write in the qualities and characteristics below.

T = Trustworthy, Time-generous

A = Accessible, Approachable, Attentive, Authentic, Available Adult

P = Provides Persuasive, Protective, Positive Examples and Promotes Positive Development

Write a Text or a Tweet to your Trusted Adult telling them about why you've chosen them as part of your support network.



DIFFICULT CONVERSATION

Part 1

Directions: Turn and talk to your partner about the situations below. How would you bring these situations up to your trusted adult?

How would this ideal classroom feel? What emotions would it make you feel?

One of your classmates seems depressed lately. He used to joke around with everyone and even sat with your group of friends at lunch, but now he's isolating himself and acting odd. You can't quite put your finger on it, but something just isn't right.

Part 2

Directions: Write a one-paragraph realistic scenario about a student who found a warning sign online or at school in another student. Be sure to include:

1. Who is involved in the situation?
2. Where does this situation take place?
3. What is the warning sign?

DIFFICULT CONVERSATION

Part 3

Directions: As a group, create a script between you and your trusted adult. Be sure to use one of the following sentence starters or create one that is more natural and comfortable to you.

- Hi Mr./Ms./Mx. _____. I came across something that I need to run by you. Do you have a minute?
- I have a serious topic to talk to you about.
- On a scale of 1-10, I need to talk to you about a level 7 issue.

Assign the following roles to your group:

- Trusted Adult
- Concerned student(s)
- Student(s) at risk of harming themselves or others

Remember to be:

1. Be direct.
2. Explain the situation.
3. Come up with the next steps.

YOU WOULDN'T KNOW BY LOOKING AT ME...

Circle Up Check-In

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YOU WOULDN'T KNOW BY LOOKING AT ME...

Write a one page reflection on today's Circle Up activity. Consider answering the following questions.

- Did you find it difficult to open-up to your group? Why or why not?
- How did it feel to be vulnerable?
- How can we get to know each other better?
- Do we feel more comfortable with people in this classroom?

More Than You See

SANDY HOOK



PROMISE



We are
green

