



## Theme: Say Something!

We are excited to see that over 70% of the SAVE Promise Clubs have signed up to participate in **Say Something Week** (October 16-20, 2017). It is not too late to get involved. Sign up your club at [www.sandyhookpromise.org/saysomethingweek](http://www.sandyhookpromise.org/saysomethingweek). Once signed up, you will be able to access the power points, videos, student guide, instructor guide, and parent brochure that will help make your week a success.



Say Something Week provides students the information needed to **Say Something** when they learn of threats of violence or suicide. We know that most threats are known by at least one other person BEFORE the incident takes place. In fact, 4 out of 5 school shooters told someone of their violent plans prior to the event, and 70% of people who complete suicide gave some type of warning or indication. Join the thousands of schools and youth organizations across the United States will participate in Say Something Week and prevent violence and self-harm BEFORE it happens.



## National SAVE Day

National SAVE Day is the Wednesday of Say Something Week – October 18. Check out these ideas for your SAVE Promise Club to celebrate a unity day of being upstanders! Encourage, empower, educate and engage the youth in your schools and communities about your SAVE Promise Club. Spread some kindness and share what it means to be a SAVE Promise Club member. This day is a great day to reach out to other schools and educate them about SAVE Promise Clubs and how it makes a difference in the culture of a school.

For your Say Something and National SAVE Day Activities, be sure to tag @nationalsave on **Twitter**, **Instagram**, **Tumblr**, and **Facebook** or email pictures and a write up to [savepromiseclub@sandyhookpromise.org](mailto:savepromiseclub@sandyhookpromise.org) so we can reshare and potentially highlight you in our newsletter and on social media.

## New SAVE Promise Club Logo!

We are excited to premier our new SAVE Promise Club logo. The colors of the logo represent Students Against Violence Everywhere history of orange for Alex Orange, and purple for nonviolence. The green represents Sandy Hook Elementary School's colors and Sandy Hook Promise. We think it is a colorful way to represent the combined forces for our SAVE Promise Clubs! If you would like a high-resolution version of the logo for t-shirts or other promotional items, please email

[savepromiseclub@sandyhookpromise.org](mailto:savepromiseclub@sandyhookpromise.org). In the next few months items will be offered for purchase with the new logo through the Sandy Hook Promise website.



## Allstate Foundation Supports SAVE Promise Clubs in North Carolina and Mississippi

Sandy Hook Promise is proud to partner with The Allstate Foundation to support the youth empowerment and safety efforts of students in North Carolina and Mississippi through their Good Starts Young initiative. The Allstate Foundation provided a \$75,000 grant to support the initiative in North Carolina and a \$57,000 grant for Mississippi.



Allstate  
Foundation



As part of the Allstate Funding, 35 SAVE Promise Clubs received mini grant funds, educational materials, training for school and community activities, ongoing support and technical assistance for their youth violence prevention efforts, and opportunities to partner with local Allstate agents to further the cause. Through these efforts, thousands of students across Mississippi and North Carolina are being educated and directly

engaged in SAVE Promise Club activities.

The Allstate Foundation and Sandy Hook Promise kicked off their partnership with *Know the Signs* Workshops in Raleigh, NC and Jackson, MS. SAVE Promise Club students and advisors participated in the training that empowered them to return to their schools and implement effective violence prevention solutions. Attendees heard from representatives from Allstate and Sandy Hook Promise.



### Icebreakers & Team Building

Team building and icebreakers are excellent ways to build positive relationships, connections and inclusion within your SAVE Promise Club and the entire school. Whether you use them at the beginning of your meeting, as a way to break up a long meeting/event, or to draw closure to a meeting or event, they provide a way for youth and adults to interact in fun and creative ways.

**Icebreakers** are used to help people get to know each other. They are great to use when your SAVE Promise Club interacts with classes or visits younger grades. This month's icebreaker idea comes from

**ICEBREAKER #2 "IF YOUs"**  
**IF YOU...**  
Were a fish, bird or animal, what would you be?  
Could do anything, what would you do? Why?  
Were a super hero, who would you be? Why?  
Created your own nickname, what would it be?

the [Start With Hello](#) materials. Ask participants to introduce themselves to youth they don't know, and ask one of the "If you" questions. This activity allows participants to help find things in common with others to help connect individuals together.

**Team building** activities help to build self-confidence, trust, creativity, planning, communication skills, and a whole lot more! This month's activity is called "Up the Creek". The only materials you will need are paper plates and masking tape or string. You will start with one less paper plate than the amount of people participating.

1. Place masking tape or string down each side of your creek. Place plates on one side. Be sure to have plenty of space between the sides of the creek to be challenging, but achievable.
2. Share a story of today's challenge: We are on a peaceful walk through the woods and suddenly we hear a large rumble! Oh no! It is Mount Angry erupting. We know that we must leave the woods and get to safer ground. As we are leaving the woods, we come across a large stream of hot molten lava! The only thing we have to help us cross the stream are these magic rocks (hold up paper plates). However, these rocks are only magic when someone is touching them.
3. There are some important rules to using our magic rocks:
  - a. Once a magic rock is placed in the creek, someone must be touching it at all times.
  - b. If a magic rock is not touched, it combusts into flames and is gone forever.
  - c. We must move our entire team from one side of the creek to the other and save as many of our magic rocks as possible in case we come across another lava stream.
4. Ask the group to determine how they are going to move all of them from one side of the creek to the other. If at any time a plate is in the creek with no one touching it, it is removed from the game.
5. The last person in line must pick up the plates as he moves across the creek.

\*Optional ideas to make the activity more challenging:

- Once participants enter the creek, they must hold the hand of the person in front of them.
- The smoke is so bad no one can talk, and must accomplish the task without talking.

All teambuilding activities should end on a debrief. Ask open ended questions like:

- What was difficult about this activity?
- How could we have accomplished the task at hand faster and more efficiently?
- How did we work well together?
- Were there leaders in our group? What skills did they use to lead?
- Were there followers in our group? Why is it important to have followers?
- What type of communication skills were needed for this task? What examples did you see?
- How does this activity relate to things that we do with our SAVE Promise Club?

### Upcoming Events

- Say Something Week: October 16 – 20, 2017. [Click here to sign up!](#)
- National SAVE Day, October 18, 2017
- [Start With Hello Week](#), February 5-9, 2018
- National Youth Violence Prevention Week, March 19-23, 2018
- SAVE Promise Club Summit, April 21, 2018

### SAVE Promise Club Resources

- Follow us on social media! [Facebook](#), [Twitter](#), [Instagram](#), and [Tumblr](#)
- Website:
  - [Sandy Hook Promise Know the Signs Programs](#)
  - [SAVE Promise Clubs](#)
- Email: [savepromiseclub@sandyhookpromise.org](mailto:savepromiseclub@sandyhookpromise.org)