

Safe2Say PA information:

- [Safe2SayPA](#) - Crisis Center for anonymous reporting of concerns for individuals at risk of hurting themselves or others and provides connection to intervention and support. Call Safe2Say at **1-844-SAF2SAY** or report through the Safe2Say app.
- Submitting an [anonymous tip](#) through Safe2Say – Direct link to the Safe2SayPA tip line
- [Safe2Say Resource Portal](#) – Direct link to the resource portal where you can find FAQs, support, dashboards and announcements.
- [Safe2Say 2023-2024 Annual Report](#) - .pdf of the Safe2Say Something 2022-23 annual report and findings.

If you See Something, Say Something:

- [U.S. Department of Homeland Security, If You See Something, Say Something](#) - A national campaign that raises public awareness of the signs of terrorism and terrorism-related crime, and how to report suspicious activity to state and local law enforcement.

Definitions of Situational Awareness:

- [American Psychological Association Definition](#) - Conscious knowledge of the immediate environment and the events that are occurring in it. Situation awareness involves perception of the elements in the environment, comprehension of what they mean and how they relate to one another, and projection of their future states.
- [National Institute of Health Definition](#) - Understanding the current situation. It is the ability to look at a huge variety of data, determine what is relevant, synthesize the data, and act on it. In a mass-casualty event or public health emergency, situational awareness is the ability to collect the correct information, analyze it, and project what will come next, so the appropriate actions can be taken.
- [Pennsylvania Commission on Crime and Delinquency Definition](#) - A mindset of being aware of one's surroundings and identifying potential threats and dangerous situations. It involves knowing what is going on all around by having the ability to identify, process, comprehend and respond to critical elements of information regarding the environment in which one is located.

Videos used or referenced in Training:

- [Evan: Sandy Hook Promise](#) - SHP's mission is to prevent gun violence and other forms of violence and victimization BEFORE they can happen. This video promotes situational awareness by looking deeper into what's happening around you.
- [How To Prepare for dangerous Situations](#) - Clint Emerson, retired Navy SEAL and crisis management professional, explains how we can prepare for almost any emergency situation by being ultra-aware of our surroundings.
- [How Aware Are You? Video](#): Take the Challenge video by If you see something, say something will test you on how well you pay attention to your surroundings.
- [The Fight Flight Freeze Response](#) - This video explains how FFF-responses work, what it does to our body and mind, and how to deal with it.

PCCD Threat Assessment information:

- [PCCD Model K-12 Threat Assessment Procedures & Guidelines: 3rd Edition \(2024\)](#)—This .pdf from the Pennsylvania Commission on Crime and Delinquency School Safety and Security Committee provides the model K-12 threat assessment procedures and guidelines.
- [PCCD Threat Assessment Information and Resources](#)—PCCD's website outlining Threat Assessment training, information and resources for PA School Entities.

Reading on school climate:

- [The PDE Office of School Climate and Wellbeing](#), works collaboratively with Pennsylvania school communities and stakeholders to advance efforts to develop and sustain equitable trauma-informed learning environments that promote and support the academic, physical, and psychological safety and well-being of all students and staff.

Agency Resources:

- [Recognize Suspicious Activity](#) - Department of Homeland Security, If you see something, say something provides information on recognizing and reporting suspicious activity.
- [American Red Cross](#) - A .pdf on preparing for disaster for people with disabilities and other special needs.

Other resources:

- [Situational awareness: Make safe choices](#) - U.S. Army blog post on making safe choices by using situational awareness.
- [Attacks in Crowded Spaces](#) - Ready.Gov webpage provides information on preparing before, surviving during and being safe after an attack.
- [ESPECIALLY SAFE](#) - From Safe and Sound Schools this program to help safety planning teams address the safety and security needs of *all* members of the community.
- [Sandy Hook Promise](#) – Protecting America's children from gun violence in honor of the precious lives that were lost at Sandy Hook Elementary School.

References:

Liston, C., McEwen, B. S., & Casey, B. J. (2009). Psychosocial stress reversibly disrupts prefrontal processing and attentional control. *Proceedings of the National Academy of Sciences of the United States of America*, 106(3), 912–917. <https://doi.org/10.1073/pnas.0807041106>

Harvard Health Publishing. (2024, April 3). *Understanding the stress response: Chronic activation of this survival mechanism impairs health.* <https://www.health.harvard.edu/staying-healthy/understanding-the-stress-response>