

Rising Star ISD Guidance Sheet: Student Recognition Training on Harmful, Threatening, or Violent Behaviors

Purpose

This guide aims to help students recognize harmful, threatening, or violent behaviors in themselves or others and understand the appropriate steps to take when such behaviors are identified. Early recognition and reporting can prevent escalation and ensure a safe, supportive school environment.

Key Learning Objectives

Students will be able to:

- Identify common signs of harmful, threatening, or violent behavior.
 - Understand the difference between joking, conflict, and serious threats.
 - Know when and how to report concerning behaviors.
 - Understand the importance of confidentiality, empathy, and personal safety.
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Section 1: Definitions and Examples

1.1 Harmful Behaviors

Actions that cause emotional or physical distress to oneself or others.

- Examples: Bullying, harassment, cyberbullying, self-harm, substance misuse.

1.2 Threatening Behaviors

Statements or actions indicating an intent to cause harm.

- Examples: “I’m going to hurt you,” bringing a weapon, stalking.

1.3 Violent Behaviors

Physical acts intended to harm people or property.

- Examples: Fighting, assault, vandalism, bringing weapons to school.
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Section 2: Warning Signs to Watch For

Behavioral Signs

- Sudden withdrawal from friends or activities
- Explosive anger or frequent outbursts
- Obsession with weapons or violent media
- Signs of cruelty to animals or others
- Drastic changes in behavior or appearance

Verbal Signs

- Threats made in person, in writing, or online
- Talking about revenge or violence
- Expressions of hopelessness or suicidal thoughts

Social Media Indicators

- Posts about violence, hate speech, or threats
- Sharing plans to harm self or others
- Cryptic or dark messages suggesting distress

Section 3: What To Do

3.1 If You See or Hear Something Concerning

- **Stay calm and don't confront the person directly.**
- **Tell a trusted adult immediately** (teacher, counselor, administrator).
- **Use anonymous reporting tools** if available (e.g., tip lines, online forms).
- **Do not spread rumors** or share threats socially—report them.

3.2 If a Friend Confides in You

- Take them seriously—never dismiss or ignore a threat.
- Encourage them to speak to an adult.
- Offer support, but **do not promise secrecy** if someone is at risk.

3.3 Emergencies

- If you believe there is an immediate danger, call 911 or alert school staff **right away**.

Section 4: What NOT to Do

- Don't assume someone else will report it.
 - Don't confront someone behaving dangerously.
 - Don't joke about violence, threats, or weapons—it will be taken seriously.
 - Don't post, share, or forward threatening content online.
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Section 5: Support Systems

- **School Counselor or Psychologist:** Confidential emotional support
 - **Tip Line / Anonymous Reporting Tools:** For concerns that need discretion, i.e. bully, cyberbully, threat report form on the school website
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Section 6: Respect, Inclusion & Responsibility

Promoting a culture of kindness, inclusion, and mutual respect helps reduce harmful behaviors. Students are encouraged to:

- Include others who may feel isolated.
 - Speak up against bullying and discrimination.
 - Support mental health awareness and nonviolence.
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Conclusion

Recognizing and reporting harmful, threatening, or violent behavior is not “snitching”—it’s **protecting** your school community. Your voice can make a difference.

If you're ever unsure whether to report something, it's better to be cautious and tell someone.

Questions or Concerns?

Speak with your:

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- Principal- Matthew Lawrence mlawrence@risingstar.esc14.net