

Ok2SpeakOut

You know when something just isn't right...so speak out.



You hear a classmate talking about getting even or “taking someone out.” Your friend’s behavior changes suddenly—and for no apparent reason. Social media posts are just a little too scary and a little too real.

Trust your gut. If you suspect someone is thinking about harming themselves or others, it’s OK to **talk** to a trusted adult and **ask** for help.

Here is what you can do:

If it is an emergency, contact 911 immediately.

If it is NOT an emergency, you can speak with the following people:

- School administrator
- School counselor
- School resource officer
- Teacher
- Another trusted adult or staff member in your school
- Parent or guardian

Thank you for speaking out and keeping your school community safe!

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Ok2SpeakOut.com



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For more information or questions about Ok2SpeakOut, please contact the Virginia Department of Criminal Justice Services – Virginia Center for School and Campus Safety at vcscs@dcjs.virginia.gov