



Welcome to the Safe2Help Illinois program. Thank you for joining this critical initiative to raise awareness of the 21st century threats facing schoolchildren in Illinois.

In the absence of a trusted adult, Safe2Help Illinois offers students a safe, confidential way to share information that might help prevent suicides, bullying, school violence or other threats to school safety. This program is not intended to suspend, expel or punish students. Rather, the goal is to get students to “Seek Help Before Harm.”

Safe2Help Illinois offers schools additional educational resources aimed at changing the culture in Illinois schools while also providing an outlet to help parents and educators reinforce the components of this program.

About Safe2Help:

Safe2Help Illinois is a 24/7 program where students can use a free app, text/phone, website (Safe2HelpIL.com) and other social media platforms to report school safety issues in a confidential environment. Once vetted, the tips will immediately be shared with local school officials, mental health professionals and/or local law enforcement, depending on the nature of the tip. The program also will help local officials by connecting them with mental health resources or other appropriate resources to intervene and help students before they harm themselves or others.

In visiting with other states that have implemented similar programs, we found the two most common tips have been threats of suicide and bullying. We believe we will see similar results based on the following statistics:

- According to the Boys Town National Hotline, the top two issues reported by Illinois callers are mental health and suicide related concerns. In 2019, the organization received 2,480 calls from Illinois residents. In 2020, that number grew to 2,932. The COVID-19 pandemic has taken a drastic toll on adults and children, alike. While many statistics are still coming in that will paint a full picture of the mental health impact of this pandemic, the Centers

for Disease Control (CDC) is already sounding the alarm. CDC statistics show depression and anxiety at an alarming rate in teenagers, and adults.

- Similar school safety programs in other states have been assessed as effective in helping prevent acts of school violence. In fact, on the first day of Nevada's program, a tip successfully thwarted a potential school attack.
- According to the Federal Bureau of Investigations, in 85-percent of mass shootings that occurred, someone knew something before the event took place. These signs range from social media posting to observed signs of distress.
- Similarly, according to a U.S. Secret Service report, Analysis of Targeted School Violence, 77% of attackers threatened their targets or shared their intentions to carry out an attack.
- Within the last 15 years, in almost every case of a mass school shooting committed by a student in the United States, after action reports indicate at least one other student knew something might happen and did not come forward for a variety of reasons.

Changing the Culture:

This is a long-term initiative to change the school culture in Illinois. By providing recommended educational resources as early as preschool, we hope to remove the stigma associated with mental health issues, foster a culture of kindness, and instill important lessons such as the difference between telling and tattling, internet safety, and suicide prevention.

Safe2Help Illinois Toolkit:

This toolkit is your Safe2Help starter kit. Here, you will find helpful resources from our law enforcement and education partners, including a sample letter to notify parents of your school's enrollment in Safe2Help Illinois, a classroom resource kit and social media campaigns and videos.

We look forward to working with you!



How Does it Work?

Safe2Help Illinois is not about getting a student arrested, expelled or suspended. Instead the program is focused on getting students to "Seek Help Before Harm." For this program to be successful, the role of local law enforcement should be carefully and thoughtfully utilized.

Safe2Help Illinois calls, texts, chats, and emails are answered 24/7 by trained help line personnel. These individuals will vet and triage all reports received by Safe2Help Illinois. Once the information is triaged, help line personnel will notify school staff and, depending on the nature of the report, local law enforcement if a student's safety is in immediate danger. When a critical safety issue is received, Safe2Help Illinois will follow-up with school personnel and local public safety leaders to ensure that the proper information was received and offer additional assistance, if necessary.

Information that does not require immediate action are routed to school personnel by email. Help line personnel identify the type of information received and the associated level of urgency so that school administrators can investigate and resolve the issue as efficiently as possible.

Regardless of the time of day the information arrives, the help line is working to keep your students safe. The Safe2Help Program has provided a Standard Operating Procedure (SOP) for you and your team to review and begin planning your school's response to a report. There are scenarios provided for each tip level, critical, standard, and other as well as procedures for how designated school personnel will be notified.

[Download SOP](#)

[Overview for Law Enforcement & PSAPs](#)

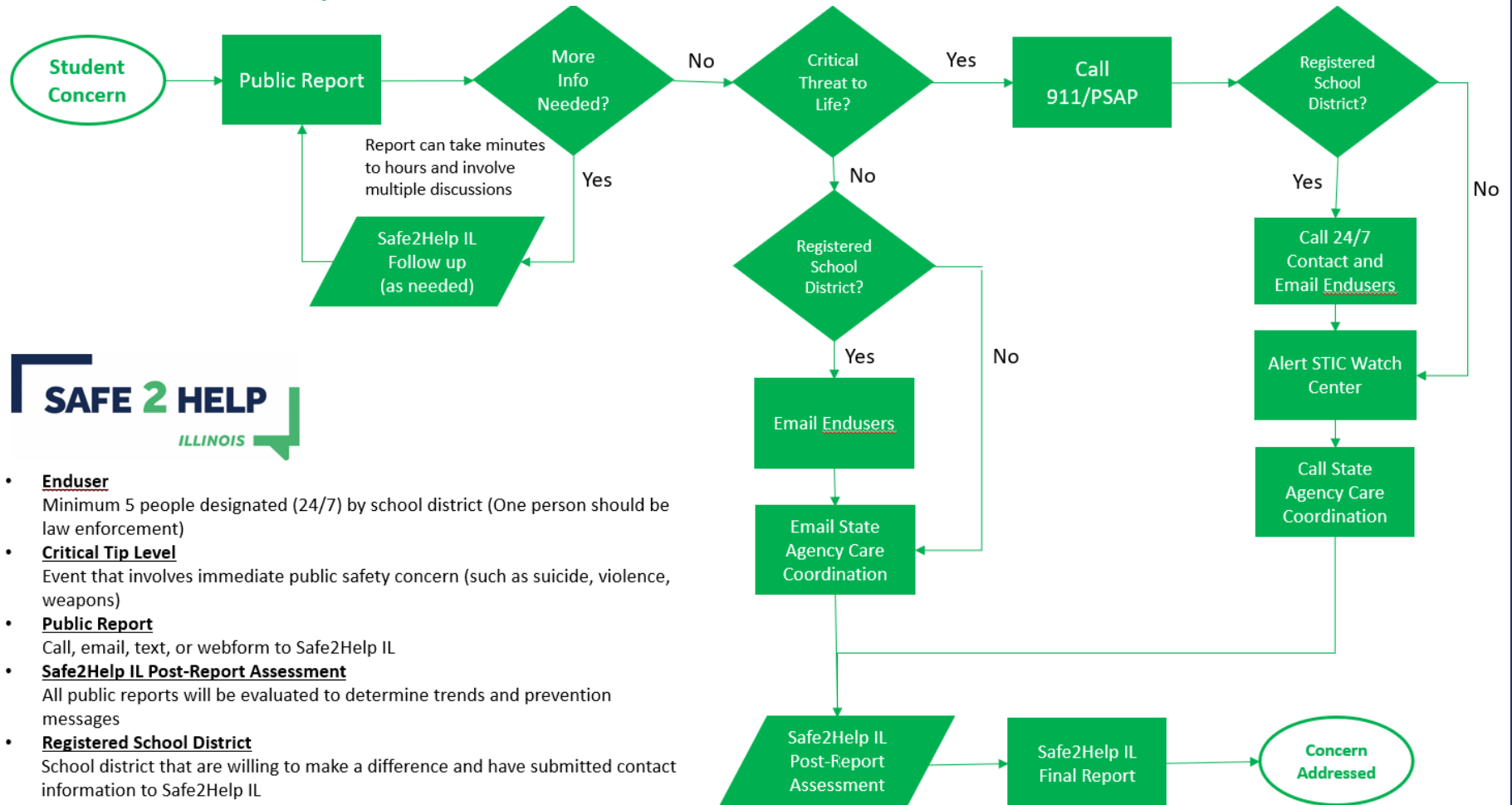
[911 Text Jurisdictions](#)

[Sample letter from Superintendent or Principal](#)

[Parent Teacher Presentation](#)



How Does it Work?



- **Enduser**
Minimum 5 people designated (24/7) by school district (One person should be law enforcement)
- **Critical Tip Level**
Event that involves immediate public safety concern (such as suicide, violence, weapons)
- **Public Report**
Call, email, text, or webform to Safe2Help IL
- **Safe2Help IL Post-Report Assessment**
All public reports will be evaluated to determine trends and prevention messages
- **Registered School District**
School district that are willing to make a difference and have submitted contact information to Safe2Help IL



Classroom Resource Kit

Safe2Help Classroom Resources

Changing a Culture in Illinois Schools

 PreK - 4th	 5th - 8th	 9th - 12th
Be Kind	Suicide Prevention	Call to Action
Telling vs. Tattling	Internet Safety	Help Before Harm
Trusted Adult	Self-Injury	Suicide Prevention
Stress & Anxiety	Stress & Anxiety	Stress & Anxiety
Healthy Relationships	Social Isolation	Social Isolation



Classroom Resource Kit

Grade Specific Resources: (Pre-K – 4th)

<https://www.pbs.org/education/blog/9-tips-for-teaching-kindness-in-the-classroom>

Although there's no denying that teachers have various demands to tend to, devoting ample time to nurturing the classroom culture through teaching kindness is exactly what allows us to be successful in other areas.

<https://consciousdiscipline.com/e-learning/webinars/covid-19-stress-how-uncertainty-affects-our-brains/>

We are living during a time of great uncertainty with COVID-19. Prolonged uncertainty causes predictable changes in the brain for both adults and children. We can use a foundational understanding of these changes to create greater resilience, new ways of thinking, and increased wellbeing for ourselves and our children.

Grade Specific Resources: (5th – 8th)

http://www.ilclassroomsinaction.org/uploads/1/2/0/9/120982154/are_classrooms_ready_for_trauma_ms.pdf

Studies show that 1 in 10 students have experienced Adverse Childhood Experiences (ACEs) that can affect social, psychological, cognitive, and biological issues and cause difficulty regulating emotions, paying attention, forming good relationships. Trauma impacts student behavior and their ability to learn. This resource includes strategies for the classroom including recognizing survival mode, creating calm and predictable transitions, and effective ways to offer praise.

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/mental-health-resources/preventing-youth-suicide/preventing-youth-suicide-tips-for-parents-and-educators>

Suicide prevention should be an integral component of a multi-tiered system of mental health and safety supports. The National Association of School Psychologists site provides tips for teens, information for administration and crisis teams, facts and tips for parents and educators, and a model school district suicide prevention policy.



Classroom Resource Kit

Grade Specific Resources: (5th – 8th)

<https://www.team-iha.org/files/non-gated/advocacy/policy/youth-mental-health-directory-english.aspx>

This guide has an emphasis on suicide prevention and marginalized youth. Included is a forum which is comprised of expert administrative and clinical professionals across the state. In addition to serving as a trusted resource, this guide is also intended to support community collaboration and coordination to enhance health and well-being.

<https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>

Lists 10 pointers for helping children escape the cycle of anxiety.

All lessons derived from the use of this toolkit should connect to the Illinois Social Emotional Learning (SEL) Standards as outlined in the documents below:

Social Emotional Learning Standards:

<https://www.isbe.net/Pages/Social-Emotional-Learning-Standards.aspx>

The standards describe the content and skills for students in grades K - 12 for social and emotional learning. Each standard includes five benchmark levels that describe what students should know and be able to do in early elementary (grades K - 3), late elementary (grades 4 - 5), middle/junior high (grades 6-8), early high school (grades 9-10), and late high school (grades 11-12). These standards build on the Illinois Social/Emotional Development Standards of the Illinois Early Learning Standards.

https://www.isbe.net/Documents/SEL_goal1.pdf

https://www.isbe.net/Documents/SEL_goal2.pdf

https://www.isbe.net/Documents/SEL_goal3.pdf

Descriptors:

Grades 1-5: https://www.isbe.net/Documents/descriptor_1-5.pdf

Grades 6-12: https://www.isbe.net/Documents/descriptors_6-12.pdf



Classroom Resource Kit

Sample Activities: (Pre-K - 5)

Reporting Bullying

Link: <https://sesamestreetincommunities.org/activities/reporting-bullying/>

Know the Rules: Tell a Trusted Adult by NetSmartzKids

Link: https://cdn.net-smartz.org/activitycards/RWS_P_KTR_TrustedAdult.pdf

Video: <https://www.youtube.com/watch?v=kO7ObEah6rM>

Sample Activities: (6th-8th)

Stress Catchers

Link: https://www.nimh.nih.gov/health/publications/stress-catcher/20-mh-8121-stresscatcher_160279.pdf

Trauma-Responsive Universal Online Modules

Link: <https://childhoodresilience.org/virtualllearningcommunity>

Sample Activities: (9th – 12th)

It's OK to Not be OK

Video: <https://www.youtube.com/watch?v=kj9uppH8HAI>

Save a Friend

Link: <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/mental-health-resources/preventing-youth-suicide/save-a-friend-tips-for-teens-to-prevent-suicide>

[Download Resource Kit](#)



Marketing Videos

Safe2Help Illinois has developed several videos to build awareness of the program and the help it can provide to students, teachers, parents and whole community. These videos can be found on the Safe2Help Illinois website and on the Safe2Help Illinois [YouTube channel](#).



Let's Give it a Try!

[Download Now](#)



What is Safe2Help? (Gfx)

[Download Now](#)



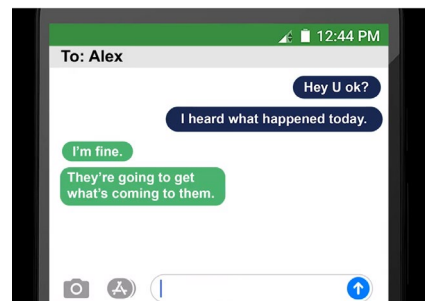
Suicide Prevention

[Download Now](#)



What is Safe2Help Illinois?

[Download Now](#)



Violence Prevention

[Download Now](#)



Behind the Mask

[Download Now](#)

SAFE 2 HELP
ILLINOIS

Marketing Videos



Social Isolation

[Download Now](#)



I'm Supposed to be in School

[Download Now](#)



More Videos Added Soon!



Student Ambassador Program

Safe2Help Illinois utilizes a Student Ambassador program to organically build awareness among students. Ambassadors help in a variety of ways including, but not limited to, providing honest and constructive feedback of S2H initiatives, sharing social media content and serve as a liaison between student body and program managers. The Student Ambassador Program is key to building trust, fostering relationships and providing leadership opportunities for students.

The goal of the Student Ambassador program is not to add more work to a student's plate or add additional pressures. We want students to help us reach those without a voice, bring inclusion to the student body, and encourage others to Seek Help Before Harm.

Expectations of Ambassadors:

- **Attend meeting once a month with program staff to provide feedback on program**
- **Commit to sharing social media posts to help build brand awareness**
- **Agree to speak on behalf of the program, if asked, to student groups within the school**
- **Work with the school to build participate in awareness campaigns**

Guidance on who to nominate:

- Five Students per school
- In order for this program to be successful and beneficial to the program, ambassadors should be selected and vetted through the school. Students selected by the district should be representative of the student body population.
- Community partners can be included in the process to build a stronger student representation.

Expectations of School

- Monitor student ambassador social media content to ensure messages are appropriate

The logo for Safe2Help Illinois features the text "SAFE 2 HELP" in a bold, sans-serif font, with "SAFE" in dark blue, "2" in green, and "HELP" in dark blue. Below "SAFE 2 HELP" is the word "ILLINOIS" in a smaller, green, sans-serif font. To the right of the text is a green graphic element consisting of a vertical bar and a horizontal bar that forms a partial square, with a small triangle pointing downwards from the bottom right corner.

SAFE 2 HELP ILLINOIS

Student Ambassador Program

Student Ambassador Activities (Examples)

- Create Safe2Help posters (pep rally style) around school to promote the program
- Create social media content promoting Safe2Help utilizing TikTok and Snapchat
- Develop messages for school announcements
- Write a blog article about bullying, mental health, ways to show kindness and inclusion
- Speak to student groups about Safe2Help Illinois

SAFE 2 HELP ILLINOIS Merchandise

Each participating school will receive a starter kit of promotional merchandise. Identifying community partners is a great way to help offset the costs associated with additional promotional materials. For further assistance with Safe2Help merchandising, contact the Safe2Help Illinois staff.

SAFE 2 HELP
ILLINOIS

1-844-4-SAFE-IL
(1 844 472 3345)

72338
(SAFE2)

Available in the app stores for iPhones & Android.
Search "Safe2HelpIL"

Always Confidential,
Always Available.
Safe2Help Illinois

Contact Cards



Window Clings

SAFE 2 HELP ILLINOIS Merchandise



Hand Sanitizer



Drawstring Bags



Mask Lanyards

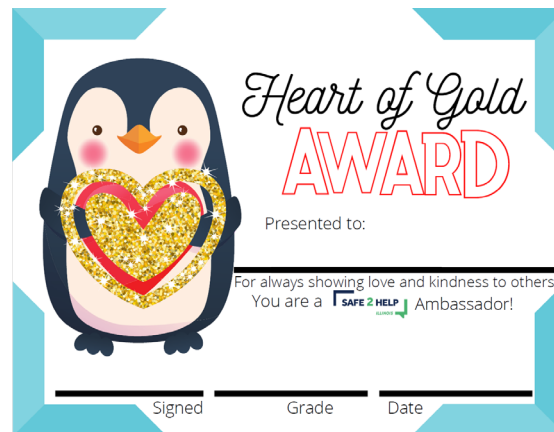
SAFE 2 HELP ILLINOIS Merchandise



Wristbands



Kindness Certificates



SAFE 2 HELP ILLINOIS Merchandise / Posters



www.Safe2HelpIL.com



SAFE 2 HELP
ILLINOIS

1-844-4-SAFEIL Text:Safe2

Seek **Help** Before Harm



Save our digits: 1-844-4-SAFEIL

Send a Text to 72332 (Safe2)

Download the free mobile app

Bookmark the page: www.Safe2HelpIL.com

Seek Help Before Harm

SAFE 2 HELP ILLINOIS

Promotional Ideas

12 Days of Caring Campaign / Kindness Challenge

Day 1: Do 3 good deeds. Doing good does good for you!

Day 2: Share a joke with a friend or classmate.

Day 3: Take the Kindness Pledge and recruit 5 friends to join you!

Day 4: Compliment 5 people.

Day 5: Share a smile with a stranger or make a new friend today.

Day 6: Chalk the walk: leave positive messages on a friend or neighbor's driveway

Day 7: Make a card for a classmate

Day 8: Wear yellow for kindness

Day 9: One hug comforts two hearts. Share a "hug" today.

Day 10: Share a meme or quote that describes what kindness means to you. (Tag @Safe2HelpIL)

Day 11: Call a friend you haven't heard from in a while.

Day 12: Share a Safe2Help Illinois video



Set up an "I Need Box" in your classroom. Allow students to anonymously share what they need. From a hug to school supplies, this outlet can take away the stigma associated with asking for help. Learn more: <https://www.scarymommy.com/teacher-i-need-box/>



Promotional Ideas



Task your art students to transform your school's restrooms into a positive environment. Paint positive messages on bathroom stalls or bathroom mirrors.



Host a virtual movie night for your student body. Teleparty is a way to watch TV with your friend while maintaining social distance. Teleparty synchronizes video playback and adds group chat to Netflix, Disney, Hulu and HBO.



Kickoff the program or build campaign awareness by turning your football field into a movie theater.



Promotional Ideas



Never underestimate the healing powers of a puppy. Seek organizations in your community that offer emotional support dogs to visit students.



Host a virtual game night. This is a safe way to promote student engagement. Learn more: <https://www.uhealth.org/today/tips-how-to-host-a-virtual-game-night/>



From creating gift baskets full of candy to painting rocks with positive messages, encourage students to give without the expectation of getting something in return. Learn more about the reinvented game of “Ding, Dong, Ditch” <https://www.wsj.com/articles/the-perfect-prank-for-these-times-ding-dong-ditch-is-back-11589553958>



Social Media Messaging

Click [here](#) for spreadsheet Click [here](#) for pdf format

<p>Starting today, you now have a confidential way to share information about safety issues at your school or at home. Check out @Safe2HelpIL. Share what you can to help prevent bullying, suicides, school violence or other threats to you, your friends or others you may know. 1-844-4-SAFEIL // www.Safe2HelpIL.com</p>	<p>SHARE THIS POST! Take 5 minutes to check out www.Safe2HelpIL.com. It's a free and confidential way to share information that could help keep you and your friends safe. Be part of the solution with @Safe2HelpIL</p>	<p>Safe2Help Illinois is available 24/7. Learn more about how it can help you and your friends. Visit www.Safe2HelpIL.com or download the free mobile app today. https://youtu.be/KqCB699trUg</p>	<p>Safe2Help Illinois is available 24/7. Learn more about how it can help you and your friends. Visit www.Safe2HelpIL.com or download the free mobile app today. https://youtu.be/KqCB699trUg</p>	<p>Safe2Help Illinois is available 24/7. Learn more about how it can help you and your friends. Visit www.Safe2HelpIL.com or download the free mobile app today. https://youtu.be/KqCB699trUg</p>	<p>Safe2Help Illinois is available 24/7. Learn more about how it can help you and your friends. Visit www.Safe2HelpIL.com or download the free mobile app today. https://youtu.be/KqCB699trUg</p>	<p>Get To Know Us: Bookmark: www.Safe2HelpIL.com, Save our numbers in your phone 1-844-4-SAFEIL // Text 72332 (Safe2), Download our free mobile app, and follow us on Facebook, Twitter, SnapChat, YouTube, Instagram and more.</p>
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Social Media Messaging

<p>Who needs a pep talk today? Never underestimate the power of a positive words. Share kindness today.</p> <p>https://www.safe2helpil.com/Resources/e505b60a-b572-4919-919c-1f5039cfa565/101%20Positive%20Things%20to%20Say%20to%20Myself.pdf</p>	<p>Who is on your team? We all have days when we are feeling down in the dumps. Before things get stressful, it is important to map out who you can go to for help. If you need more players on your team, check out www.Safe2HelpIL.com or call 1-844-4-SAFEIL and #SeekHelpBeforeHarm.</p>	<p>What is a trusted adult? Many kids fear sharing info b/c it lead to getting someone in trouble. @Safe2HelpIL is not designed to suspend, expel or punish students. It's a confidential way to help you and your friends #SeekHelpBeforeHarm. www.Safe2HelpIL.com // 1-844-4-SAFEIL</p>	<p>We all want what's best for our friends and family. That's why Safe2Help is here as a confidential resource for you to share safety concerns. End the Silence. Make a difference. #SeekHelpBeforeHarm www.Safe2HelpIL.com // 1-844-4-SAFEIL.</p>	<p>What is Safe2Help Illinois? https://www.youtube.com/watch?v=CVvHGIG9aZ0&feature=youtu.be</p>
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Social Media Messaging

<p>Safe2Help Illinois offers you a safe, confidential way to share info that might help prevent suicides, bullying, school violence or other threats . Download the free mobile app and checkout www.Safe2HelpIL.com. #Safe2HelpIL</p>	<p>We all have times when we feel alone, especially now. Embrace the Akward. Check in with your friends. Tell a trusted adult if you have concerns about your friend's safety. In the absence of a trusted adult, check out www.Safe2HelpIL.com. 1-844-4-SAFEIL//Text 72332 (Safe2) //download the free mobile app. #SeekHelpBeforeHarm https://www.youtube.com/watch?v=RlowIKzEgTO</p>	<p>Get To Know Us: Bookmark: www.Safe2HelpIL.com, Save our numbers in your phone 1-844-4-SAFEIL // Text 72332 (Safe2), Download our free mobile app, and follow us on Facebook, Twitter, SnapChat, YouTube, Instagram and more.</p>	<p>Waiting 15 minutes before reacting to someone or something can help prevent impulsive decisions that you might later regret. Learn more about the 15 Minute Rule from @Safe2HelpIL. https://www.safe2helpil.com/Resources/5bcc831a-6840-4087-8f2f-d08d31f839a7/15%20Minute%20Rule.pdf</p>	<p>Suicide is the second leading cause of death among 10-24 year olds in Illinois. YOU ARE NOT ALONE! 1-844-4-SAFEIL or Text SAFE2 #SeekHelpBeforeHarm</p>
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<p>Happy Motivation Monday! Make time this week to do a bit of work surrounding self actualization. Think about your limitless potential and remind yourself about all the unique, wonderful things that make you, YOU!</p>	<p>We don't always see the struggles of others, which is even more reason to practice kindness daily and have a zero tolerance for bullying! Give it a try and encourage others to follow!</p>	<p>Safe2Help is available 24/7 for you to confidentially share school-related safety concerns at www.safe2helpil.com, 1-844-4-SAFE-IL, or on our free app. Seek Help Before Harm. #Safe2HelpIL</p>	<p>Word's matter and have the power to uplift or destroy. Choose wisely and insist that others do so also!</p>	<p>Even though we are heading into a weekend, we are still here for you 24/7. Seek Help Before Harm. Www.Safe2HelpIL.com</p>
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Social Media Messaging

<p>Safe2Help Illinois is available 24/7. Learn more about how it can help you and your friends. Visit www.Safe2HelpIL.com or download the free mobile app today. https://youtu.be/KqCB699trUg</p>	<p>We all have times when we feel alone, especially now. Embrace the Akward. Check in with your friends. Tell a trusted adult if you have concerns about your friend's safety. In the absence of a trusted adult, check out www.Safe2HelpIL.com. 1-844-4-SAFEIL//Text 72332 (Safe2) //download the free mobile app. #SeekHelpBeforeHarm https://www.youtube.com/watch?v=RlowIKzEgTO</p>	<p>See It.... Hear It.... Report It. #SafeSchools #prevention #Safe2HelpIL</p>	<p>You be You. You are fabulous! #Safe2HelpIL https://www.youtube.com/watch?v=cyVzjoj96vs</p>	<p>You can make a difference. Know the Signs. Know who to call. www.Safe2HelpIL.com 1-844-4-SAFEIL</p>
<p>If you have an urgent concern about your or a friend's safety, report it to Safe2Help. We're available 24/7 for you to share your safety concerns. Always Available, Always Confidential at www.Safe2HelpIL.com, 1-844-4SAFEIL or on our free app. #SeekHelpBeforeHarm</p>	<p>If you see someone in trouble, ask if you can help. Sometimes, just showing you care is enough to help a person get through a difficult time. #ChooseKindness www.Safe2HelpIL.com // 1-844-4-SAFEIL // Text: SAFE2</p>	<p>SHARE THIS POST! Take 5 minutes to check out www.Safe2HelpIL.com. It's a free and confidential way to share information that could help keep you and your friends safe. Be part of the solution with @Safe2HelpIL</p>	<p>Sometimes it's hard to know what we're feeling behind our masks, but Safe2Help Illinois is available 24/7 for you. Share your information at www.safe2helpil.com, 1-844-4-SAFEIL, or on our free app. #SeekHelpBeforeHarm</p>	<p>We don't take days off. Our team is here for you 24/7. Seek Help Before Harm. www.Safe2HelpIL.com</p>



Social Media Messaging

<p>Happy Monday! Play nice, work hard and stay kind... Words for young and old to live by! Have a great week and stay safe! http://Safe2HelpIL.com, 1-844-4-SAFEIL or download our free app.</p>	<p>IT'S MAGIC! Today is a good day to inspire others through your words and your actions! www.Safe2HelpIL.com 1-844-4SAFEIL Download the Safe2Help Illinois mobile app today.</p>	<p>Mental health matters! It takes courage to ask for help! Be your own hero! It's ok not to be ok, but plz reach out if you or someone you know is struggling! Safe2Help Illinois is always available and always confidential. Seek help before harm and share the information that could save a life. Text SAFE2 or visit www.safe2helpIL.com</p>	<p>We're all facing unique challenges this year. If you are concerned about your or your friend's safety, #SpeakUp. Seek Help Before Harm with Safe2Help Illinois. Share your information 24/7 at www.safe2helpIL.com, 1-844-4SAFEIL, or on our free app.</p>	<p>COVID-19 may have changed the world we live in, but it has not shaken our resolve to protect the ones we love. Make safety a priority. Share safety concerns with a trusted adult or @Safe2HelpIL.</p>
<p>Nobody likes an awkward silence. In fact, we usually try to avoid it. But sometimes, an awkward silence can be a good time to check in with a friend about their mental health. #SeekHelpBeforeHarm</p>	<p>Do you know the difference between Telling and Tattling. Safe2HelpIL is not intended to suspend, expell or punish students. Our goal is to get students to #SeekHelpBeforeHarm // Learn more www.Safe2HelpIL.com // 1-844-4-SAFEIL // Text: SAFE2</p>	<p>Words matter. Actions Matter. YOU MATTER! Just thought you might want to know that.</p>	<p>2 in 10 Illinois students report being bullied. Stand-up to bullies! If you See Something, Say Something. @Safe2HelpIL is here to help. www.Safe2HelpIL.com</p>	<p>Relationships can be complicated. But you should know that mental, emotional and/or physical abuse from a boyfriend/girlfriend/ANYONE is not love and it is not ok! #LovesRespect</p>



Social Media Messaging

<p>It's ok to ask for help. If you are worried about your or your friend's safety, tell a trusted adult. Safe2Help Illinois is available 24/7 and your information will remain confidential. www.Safe2HelpIL.com // 1-844-4-SAFEIL.</p>	<p>FREE! Download the free #Safe2HelpIL app and add our digits in your contacts. Safety is everyone's responsibility. Do Your Part: Protect Your Friends, Protect Your Community. #SaveLives #SeekHelpBeforeHarm</p>	<p>Sometimes it feels like you are carrying all the weight of the world. You are not alone! If you or someone you know is struggling, please let us know.</p>	<p>Pandemic got you feeling down? You are not alone! The stress chips away at our mental health. It's ok not to be ok, but plz reach out if you or someone else is struggling! Seek help before harm with #Safe2HelpIL. Text Safe2 - We're always available and always confidential.</p>	<p>Studies show that 81% of the time, when there's a tragedy in a school somebody knew and didn't speak up. Safe2HelpIL offers students, teachers, staff and parents an outlet to share information that help prevent tragedies. #SeekHelpBeforeHarm www.Safe2HelpIL.com</p>
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<p>Sometimes what we see on the outside does not match the truth on the inside. Pay attention! If you or someone you know is struggling, please reach out! Safe2HelpIL is always available and always confidential. Seek help before harm by texting SAFE2 or visit www.Safe2HelpIL.com.</p>	<p>If you're being #bullied online, don't keep it to yourself. Here are 5 tips: #cyberbullying www.Safe2HelpIL.com 1-844-4-SAFEIL</p>	<p>47,000 Illinois students reported attempting suicide in 2015. That was before a pandemic that forced us to stay home to save lives. You are not alone. Visit www.Safe2HelpIL.com to learn more.</p>	<p>do you know the difference between Telling and Tattling. Safe2HelpIL is not intended to suspend, expell or punish students. Our goal is to get students to #SeekHelpBeforeHarm // Learn more www.Safe2HelpIL.com // 1-844-4-SAFEIL // Text: SAFE2</p>	<p>Don't forget to check in on your friends. We are all in this together. If you need a trusted adult, you can find one at www.Safe2HelpIL.com or by calling 1-844-4-SAFEIL. Your information is always confidential.</p>
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