



Los Angeles Unified School District
Medical Services Division
Student Mental Health and Wellness Services
School Mental Health

TRUSTED ADULT

Trusted adults are key to social-emotional learning and build the foundation for safer, kinder communities. Further, they model positive student-adult relationship skills and teach responsible decision-making. Importantly, they show empathy and express appreciation to courageous students who report warning signs.



HOW TO BE A TRUSTED ADULT

Use the 5 components of Psychological First Aid to support students who need help and report any warning signs.



1 LISTEN

- Be open and accepting of students who approach you with a concern.
- Listen without judgement.
- Pay attention to changes in student's behaviors and appearance.
- Monitor usage of school issued technology.
- Paraphrase and ask if you got the information right.
- Use open ended prompts, such as:
 - *Tell me what happened.*
 - *How long have you been feeling this way?*



2 PROTECT

- Take action to ensure safety.
- Make a plan to monitor the student you are concerned about.
- Some things you may ask include:
 - *Is anyone in immediate risk of harming themselves or others?*
 - *Thank you for coming to me with this concern. Please tell me more about the warning signs you've noticed?*



3 CONNECT

- Report student threats or perceived threats of homicide to the Los Angeles School Police Department (213.625.6631) or local law enforcement.
- Notify the school site administrator, crisis team member, or Suicide/Threat Prevention Liaison (STPL).
- Validate the student's concerns:
 - *Thank you for trusting me with what you are experiencing. I am here to help.*



4 MODEL

- Remain calm.
- Be aware of your thoughts, feelings, and reactions as you listen without judgment.
- Let the student know that you heard them and appreciate them being an Upstander by providing you with this important information.



5 TEACH

- Know the warning signs that a person may be planning to harm themselves, others, or is in crisis.
- Know the 3 steps to being a STUDENT UPSTANDER.
- Follow-up to let the student know you are handling the concern and reassure them that they did the right thing.

What are the three steps to being a Student Upstander?

1

SEE SOMETHING

2

ACT

3

SAY SOMETHING

1. SEE SOMETHING

Recognize warning signs and threats. Warning signs are when someone says or does something that shows they MAY be planning to harm themselves or others. We can see warning signs and threats by:

- The way someone is acting
- Something that they're writing
- Something that someone said
- Social media

2. ACT

Act immediately when you see a warning sign or threat and take it seriously; get help.

3. SAY SOMETHING

Say something to a Trusted Adult. Trusted Adults have the knowledge needed to get help. You don't have to be the expert.

TIPS FOR TRUSTED ADULTS



- Find time to recharge.
- Protect yourself by getting enough sleep, eating well, and exercising your body and mind.
- Consider disconnecting from media or stressful situations to allow your mind, body, and spirit to rest.
- Listen to your needs and act on them.
- Lean on trusted friends, relatives, and support systems.
- Maintain regular, supportive contact within your personal circle of family or friends.
- For mental health consultation, call the Student & Family Wellness Resource Line at 213.241.3840, Monday-Friday, 8:00am-4:30pm.
- **FOR LAUSD EMPLOYEES ONLY:** For confidential, 24/7 counseling and referrals, call the Employee Assistance Service for Education (EASE) at 800.882.1341.

RESOURCES

IF YOU NEED IMMEDIATE HELP, CALL 911.

24/7 COMMUNITY RESOURCES

Crisis Text Line - Text "LA" to 741741

988 Suicide and Crisis Lifeline - 988 or 800.273.8255

Trevor Lifeline - 866.488.7386

SCHOOL CONTACTS

School: _____

Administrator Name: _____

Title/Room #: _____

Crisis Team Member Name: _____

Title/Room #: _____

STPL Name: _____

Title/Room #: _____