



What is a Warning Sign?

Warning signs are thoughts, feelings, actions and behaviors that show you that an adolescent may intend to hurt themselves or others. It is important that you don't dismiss warning signs as someone just joking around, being dramatic, or seeking attention.

Some warning signs might be more subtle or harder to observe.

Here are some examples of warning signs:

- Withdrawal from others
- Bullying or hitting
- Having Negative role models, like school shooters
- Excessive anger
- Extreme mood changes
- Feelings of rejections
- Thoughts or plans of harming themselves or others
- Blames others for own failures
- Fear of riding the bus or going to school
- Will not forgive or forget the wrongs of other people
- A big personality change
- Feelings of isolation
- Dramatic changes in physical appearances.
- Other warning signs include actions that are more obvious to observe, such as giving away possessions
- Fascination with suicide
- Rigid beliefs or ideologies
- Bragging about access to guns
- Fascination with weapons
- Fascination with school shootings
- Fascination with and/or writing/drawing about death
- Recruiting a friend to join an attack
- Warning a friend to stay away from school or an event
- Bragging about an upcoming attack

