

COMMON THREADS

AMONG SCHOOL SHOOTERS

☒ Prevent
☐ Cure



ROOT CAUSE
PREVENTION
IS THE CURE

THE
SOLUTIONS
ARE RIGHT IN
FRONT OF US

IDENTIFY RED FLAGS & RISK FACTORS EARLY

The crisis of school shootings is complex, but there are common threads, or “risk factors” and “red flags,” that parents/caregivers, school personnel, student peers, school resource officers and community members can look out for to mitigate the threat of harm. The presence or absence of protective and risk factors contributes to the social and emotional health of all youth.


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Common Characteristics Among School Shooters



- 1 98% are male
- 2 68.2% killed family members or intimate partners and/or had a history of domestic or sexual violence
- 3 80% accessed their firearms from family members
- 4 Most experienced early childhood trauma and exposure to violence at an early age (ACEs)
- 5 66% have a history of suicidal ideation and/or depression
- 6 Most went through a significant life stressor within 5 years
- 7 Most communicated their threats online
- 8 All feel powerless and inflict harm on others to gain a false sense of power and control (this is their motive)

Sources:

FBI

Secret Service National Threat Assessment Center



Risk Factors*:

The circumstances or experiences that increases the chance a young person will develop controlling, abusive or violent behaviors.

Risk Factors

FOR VIOLENT BEHAVIOR

- Lack of parental support and supervision.
- History of bullying others or being bullied.
- Belief in rigid and toxic gender roles.
- Poor coping, communication, or social skills.
- Experienced childhood trauma. (Adverse Childhood Experiences, or ACEs).
- Exposure domestic/sexual violence.
- Use of alcohol or drugs
- Association with violent peers.
- Maltreatment or instability as a child.
- Low self-esteem and/or sense of powerlessness.
- Access to a firearm.
- Lack of positive peer relationships.
- Friends, family, schools, communities that tolerate violence.
- Inability to show empathy for others.
- Isolated from support services in and out of school.

*Source: Centers for Disease Control

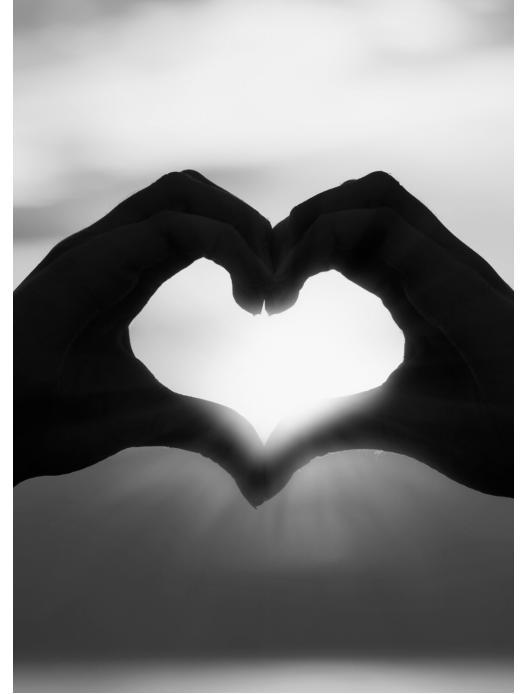


Red Flags:
**Warning signs that indicate your child/teen may be
at risk for harming others.**

Red Flags

FOR VIOLENT BEHAVIOR

- Poor academic performance and/or excessive absenteeism.
- Aggressive outbursts.
- Suicidal ideation.
- Coercive, controlling or abusive behaviors toward peers and/or dating partners.
- Fascination with firearms, violence, and/or terroristic activities.
- Communicates threats to harm self or others in online posts, texts, drawings, journal writings and/or in conversations peers/family members.
- Isolated and socially withdrawn.
- Non-compliance with rules.
- Exhibits possessive jealousy or stalking behaviors.



Protective Factors*:
Characteristics at the individual, relationship, community and societal levels that are associated with reducing the risk for violent behaviors.

Protective Factors

TO PREVENT & AVOID VIOLENT BEHAVIORS

- Healthy communication and coping skills.
- Positive self-esteem.
- Mastery of a non-violent skill, sport and/or hobby.
- Positive peer relationships.
- Access to caring and trusted adults at school and/or in the community.
- Family/parent support, connectedness and stability.
- Ability to show and feel empathy.
- Communities and laws that support violence prevention.
- Sense of belonging at school.
- Safe home environment, free of abuse and violence.
- Commitment to school work/doing well at school.

*Source: Centers for Disease Control



What can concerned parents do to ensure their child is not a threat to others?

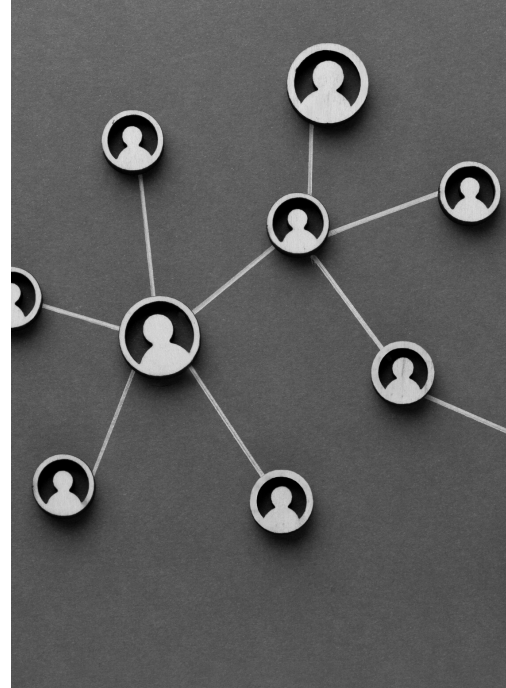
Screen & Intervene

EARLY & OFTEN

1. Know what signs (red flags) to look out for.
2. Assess your child's risk factors for violent behavior.
3. Assess if any protective factors are missing in their life.
4. Ensure your child's 5 Points of Well Being are met:
 - Stability
 - Self-Esteem & Self-Awareness
 - Skill Mastery (mastering something they love- such as creative art, a sport, community service, etc.)
 - Safety (a home free of abuse and violence)
 - Social Connectedness (feeling connected to their peers and community)
5. Model respect, empathy and boundary setting at home and in your relationships.
6. Teach your children how to communicate their feelings without aggression or violence.
7. Empower your kids to talk to you by using LEVEL skills:
 - **L**isten
 - **E**mpathize
 - **V**alidate
 - **E**ncourage
 - **L**ink to Resources (if they need extra support that you can not provide)



If your child demonstrates any of the Red Flag behaviors or Risk Factors, BLOOM365 is a local resource that can help. Call or text 1.888.606.4673 for a confidential and no cost assessment to see if your child could benefit from our counseling and intervention services.



What can schools do to enhance student well-being and school safety?

Coordinated Community Response Team

PREVENTION & RESPONSE

BLOOM365's Coordinated Community Response Team is comprised of a multidisciplinary network of "trusted adult allies" trained in threat assessment and violence prevention. Members of the team include, but are not limited to:

- School social workers, guidance counselors and nurses
- School Resource Officers
- Parents/caregivers of the student at risk for harming others
- BLOOM365 victim advocate
- BLOOM365 behavioral health tech
- BLOOM365 licensed counselor
- Suicide and substance use prevention experts

The CCRT is a school based team that meets regularly to analyze behaviors, risk factors and red flags of students who are on the threat assessment list for posing a threat to others. An intervention plan is presented to the parents/caregivers and students, which includes free and confidential individual and group clinical counseling and behavioral health intervention services provided by BLOOM365 through the Dignity Health grant funding. A unique and essential component of the CCRT is BLOOM365 student Lead Peer Advocates assist with training and informing the CCRT members on current trends and "Elephant in the Room" concerns their peers are facing at school. This keeps the prevention conversation and responses relevant. Contact us to start a CCRT in your school or district: 1.888.606.4673.