



# Hoax Threats in Utah Schools:

## Student Guide

Hoax threats can be an unsettling and disruptive experience for students. It can affect how you feel, how you think, and how you act. It is okay to feel sad or scared after a hoax threat. Even though the threat was a hoax, the reactions and feelings you are experiencing are real.

### Feelings You May Have

- Being tired/irritated, getting into fights
  - Headaches or stomachaches
  - A fast heartbeat
  - Feeling jumpy or scared
  - Having trouble sleeping, eating, or completing day-to-day activities
- Trouble concentrating
  - Wanting to avoid friends or family
  - Not wanting to talk
  - Not wanting to go to school or be around things that remind you of what happened



### Thoughts You May Have:

- Believing something bad is going to happen or it will happen again
- Images or reenactments of the event
- Nightmares

**Many of these thoughts, feelings, and behaviors may occur when you are reminded of what happened. Reminders may include places, people, sights, sounds, smells, and related feelings. It's ok, to not be ok.**

### Things That May Help You

- Talking to and spending time with family and friends
- Eating well, getting enough sleep, and exercising
- Getting back to a regular routine and doing things you would usually do
- Playing outside (i.e. soccer, basketball, having a picnic)
- Listening to music, playing games, watching a movie
- Keeping a journal, painting, drawing, and other hands-on activities
- Getting involved in support groups or community groups (i.e. volunteering, youth groups)

## Finding Support

It is important to get support from trusted adults and from peers your age.

**Those who can support you include:**

**Family**

**Teachers,  
Coaches, Admins.**

**Close Friends or  
Significant Other**

**Peers with Similar  
Experiences**

**School Social Worker,  
Psychologist,  
Counselor**

**Religious Leaders**

**Doctors or Nurses**

**Pets**

## Resources

- SafeUT
- 9-8-8