
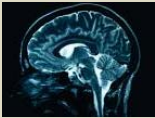





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Confidence starts here.

Survival Mindset and Courses of Action




Survival Mindset and Courses of Action

- Overview
 - Describe the "protective shield"
 - Describe "figure out"
 - Describe "get out"
 - Describe "call out"
 - Describe "hide out"
 - Describe "keep out"
 - Describe "spread out"
 - Describe "take out"




Survival Mindset

- Odds of one's involvement in campus violence (Cont'd)
 - Consequences are potentially catastrophic
 - Proper mindset and tools to react with purpose
 - Incidents over quickly (10-15 minutes)
 - ◊ First line of defense
 - ◊ 2003 Study by Illinois State Police Academy on Active Shooters
 - ✓ **Action taken by personnel on-site most effective way to stop the killing**




Survival Mindset

- Odds of one's involvement in campus violence
 - Campus shootings can occur anytime, anywhere, to anyone
 - ◊ Unlike any situation ever experienced
 - Bottom Line: You need to take direct responsibility for your personal safety and security
 - Survival Mindset is a protective shield
 - ◊ Comprised of three components:
Awareness, Preparation, and Rehearsal




Survival Mindset

- Survival Mindset Components
 - **Awareness**
 - ◊ Gain a basic understanding of situation
 - ◊ Become attuned to work environment
 - ◊ Predetermined mindset will help you take rapid, effective actions




Survival Mindset

- Survival Mindset Components
 - Preparation
 - ◊ Looking at your school environment through the lens of survival
 - ◊ "What if" questions are critical in developing effective response strategies
 - ◊ Survivors prepare themselves both mentally and emotionally to do whatever it takes to survive
 - Rehearsal
 - ◊ Mentally or physically practicing your plan
 - Will reduce response time and build confidence
 - ◊ A survival inoculation




Survival Mindset

- Life-Threatening Risk
 - Any action taken, or not taken, during an active-shooter incident may involve life-threatening risk
- Survival Mindset
 - Will provide a strong foundation upon which to base decisions and actions



Courses of Action

- Figure Out
 - How are you going to survive?
 - Will you get out?
 - ◊ Is there a path of escape?
 - Will you hide out?
 - ◊ Is there a chance to get to where the shooter may not find you?
 - Is your only option to take out the shooter?



Courses of Action

- Trained versus Untrained
 - First response is the same for both groups
 - Reactions begin to differ markedly from there on out

Trained	Untrained
Startle and Fear	Startle and Fear
Feel Anxious	Panic
Recall what they have learned	Fall into disbelief
Prepare to act as rehearsed	Lost in denial
Commit to action	Descend into helplessness

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Courses of Action

- Survival Mindset
 - Enables you to act quickly and effectively
 - Mindful, not fearful
 - Airline safety briefing
 - Better able to make that first, critical decision
- Continuous assessment process
 - Allows you to take appropriate survival action
 - Use all senses
 - Trust your intuition—that "gut" feeling
 - Knowing without knowing why

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Courses of Action

- Get Out
 - Move quickly; don't wait for others to validate your decision
 - Leave belongings behind
 - Survival chances increase if not where shooter is or to go where he can't see you
- Call Out
 - Inform authorities
 - Call 9-1-1 and tell them name of shooter (if known), shooter description, location, number and type of weapons

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Courses of Action

- Hide Out
 - May not be able to get out
 - ◊ Shooter between you and the only exit
 - ◊ Would have to enter area where shooter is positioned
 - Hiding place
 - ◊ Well hidden and well protected
 - ◊ Avoid places that might trap you or restrict movement




Courses of Action

- Keep Out
 - Find a room that can be locked with objects to hide behind
 - Blockade door with heavy furniture
 - Turn out lights; become totally silent
 - Turn off noise-producing devices
 - Call 9-1-1 (If you can do so without alerting the shooter)




Courses of Action

- Spread Out
 - If two or more of you, DO NOT huddle together
 - ◊ Gives you options and makes it harder for the shooter
 - Quietly develop a plan of action in the event the shooter enters
 - Remain calm
 - ◊ Can have a contagious effect on others
 - ◊ Keeps others focused on survival




Courses of Action

- Take Out
 - Assume shooter's intentions are lethal
 - Shooter will succeed in killing all those with whom he comes in contact, **UNLESS** you stop him
 - Develop a survival mindset that you have "what it takes" to survive when your life is on the line



Courses of Action

- Take Out (Cont'd)
 - You must be prepared to do whatever it takes to neutralize the threat
 - ◊ Throw things, yell, use improvised weapons
 - ◊ If two or more of you, make a plan to overcome the shooter
 - ◊ Do the best that you can—choose to survive



Summary

- "Figure out"
- "Get out"
- "Call out"
- "Hide out"
- "Keep out"
- "Spread out"
- "Take out"

Arm Yourself with a Survival Mindset

