Center for Personal Protection & Safety

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 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

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<thead>
<tr>
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<th>Trained</th>
<th>Untrained</th>
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<tr>
<td>Startle and Fear</td>
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<td>Feel Anxious</td>
<td>Panic</td>
<td>Feel Anxious</td>
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<td>Recall what they have learned</td>
<td>Fall into disbelief</td>
<td>Prepare to act as rehearsed</td>
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<td>Prepare to act as rehearsed</td>
<td>Lost in denial</td>
<td>Commit to action</td>
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<td>Commit to action</td>
<td>Descend into helplessness</td>
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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
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
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
Comments or Questions