

Dear Residents of Douglas County,

In life there are all sorts of issues that come about no matter your ethnic, social, or age group. Bullying, peer pressure, substance abuse, scams as well as the other topics can affect each and every person in the community if proper steps are not taken to deter it. The problems can be tackled, but it takes not only the law enforcement agencies, but also the resources and active support from all areas of the community.

While the law is an effective deterrent, educating our community is the best protection against the issues discussed in this book. Whenever the opportunity arises where we can inform the public about the problems and dangers connected with bullies, drugs, guns, gangs, scams and so on, we feel it is our responsibility to do so. This book is designed to inform and educate all walks of life, regardless of age, social standing or otherwise, about how to be better protected against the dangers that come along with life in this world.

Please read over the information hereafter and keep in mind it is a guide touching on many important topics. We encourage each member of the community to research further, discuss amongst one another, and teach others what you have learned. Please feel free to reach out to your Douglas County Sheriff's Office if you need any assistance, we are here and happy to help.

We would also like to thank the businesses who placed ads in these books. Your support helps us to receive the educational materials we use within our community. We also thank the entire community for your support and cooperation and assure you that you have our full support and cooperation as well.

Sincerely,

Sheriff Darren M. Weekly

Douglas County Sheriff's Office

### ACTIVE SHOOTER A W A R E N E S S

This book is designed as a guide. Please reach out to your local law enforcement for further knowledge and training. Educating yourself about active shooter situations can help save your life.

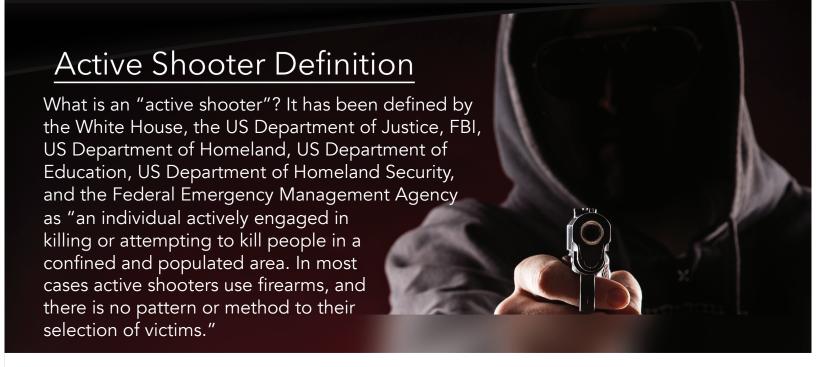
Some photos and videos that are suggested may be graphic.

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Knowing the different types of mass murderers will help define what an active shooter is, and educating oneself about this issue can help protect you.

A serial killer is one type of a mass murderer. The serial killer doesn't kill his victims all at once. The serial killer kills at close quarters over a time period, where an active shooter claims or attempts to claim many lives during a short period of time. The serial killer believes his victims mean something to him, where an active shooter's victims mean nothing to him. The active shooter quickly moves from one victim to the other. The serial killer wants to stay anonymous, where an active shooter seeks notoriety. Another

> type of mass murderer is the ideological killer. The ideological killer is driven by political or religious beliefs. Where an active shooter's motives appear more personal and desultory. The serial and ideological killer wants to escape, where an active shooter

> > sees no escape.





A location an active shooter chooses is called a soft target. This is an area where large amounts of people gather and are relatively unprotected or vulnerable. These civilian sites include commercial areas such as malls, hospitals, theaters, cafes and restaurants, nightclubs, businesses close to pedestrian traffic, schools, concert halls, parks and places of worship. A hard target would be areas where the general public are restricted to enter. An active shooter chooses soft targets because of easy access and to instill psychological damage.

### According to ovc.ncjrs.gov:

The largest proportion of active shooter incidents (44%) occurs in areas of commerce, including businesses both open and closed to the public. Generally, 23% of active shooter incidents occur at schools, including colleges and universities; and 11% of active shooter incidents occur in open spaces, including public streets, open parking lots, and parks.

Active shooting situations have increased over the years. In fact, the five deadliest shootings have occurred in the last 10 years. Why? Some people point to social media, and copycats feeding off of each other. The American Psychological Association reports an active shooter wants attention. If the media and public would stop giving the shooter the attention they seek and focus more on the victims, in time we might see a decrease in active shootings.

In the following pages, we will discuss different groups and how they might react in an active shooting situation. We will also explore what parents and students may need to know, what advice teachers seek, and what to do when law enforcement approaches an active shooting situation. There is also a section of questions that will help you ponder what to do if you find yourself in an active shooting situation.

Although being in an active shooting situation is rare, knowledge is the key to helping you and your loved ones stay alive if it were to occur. Remember to reach out to your local law enforcement with any information you have on a potential shooter, or for further education.

### COMMON

### **QUESTIONS FOR EMPLOYERS:**

- 1) Do your employees know the escape routes in your building?
- 2) Have you ever had professional training related to active shooter incidents?
- 3) Does your building have handicap exits?
- 4) Do you have First Aid Kits or a Go Bag in your office?
- 5) Have you ever practiced an active shooter's drill?
- 6) Do you provide active shooting training for your employees?
- 7) Have you ever had your office's security procedures reviewed?
- 8) Do you have a working speaker system?
- 9) If you can't escape, do your employees have good hiding places?

Please watch: The Active Shooter Emergency Action Plan Video at the Homeland Security website.

Link Supported Below

www.dhs.gov/active-shooter-emergency-action-plan-video



### QUESTIONS



Below are some common questions law enforcement personnel are asked when they are conducting a presentation on Active Shooting Awareness:

- 1) What do you do if the shooter is in the room with you?
- 2) How far do you run away from the building?
- 3) Will I be held liable for killing/injuring the shooter?
- 4) If I have a concealed carry license can I take my gun anywhere?
- 5) Should I look at purchasing a firearm and obtaining a concealed carry permit?
- 6) How do I keep my small children quiet in this situation?
- 7) What should I do when police respond if I get involved in confronting the shooter(s)?
- 8) Afterward, how can law enforcement tell if people are the shooter or victim?
- 9) If we are on lockdown can law enforcement still get in?
- 10) Where do I run if I have a chance to get away from the immediate danger zone?

As you read this book think of how you would answer the questions above. The answers will be listed at the end of the book.

Visit: Active Shooter Preparedness at the Homeland Security website for more information: www.dhs.gov/active-shooter-preparedness

### SOFT TARGET ESCAPES

Active Shooter's target populated areas that have easy access.

Even though your chances of being in an active shooting situation are low, it is best to be prepared. For example, when you fly in an airplane the flight attendant goes over the emergency steps before you take off. If you live in certain parts of the world you have tornado drills, earthquake drills, and hurricane drills. Just about every public place has fire drills. So, why not have an emergency plan for an active shooting situation? Active shootings usually are over in five minutes or less. Law enforcement will arrive to help, but if you hear gunfire before they get there, DON'T FREEZE, TAKE, ACTION.

To prepare yourself, be aware of your surroundings, know where the exists are and if there is a window you could jump out of safely! If it's a place you often frequent, such as your school, place of work, park or your local mall, engage with the security guards, staff or salespeople. Ask them where the best escape routes are. Where are the stairs located? Do the doors lock from the outside? Ask if the staff knows what to do in case of an emergency. Has the staff been trained for active shooting situations? Having a general preconceived plan will keep you one step ahead of the situation.

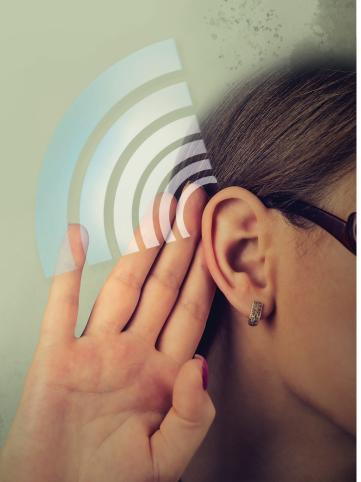
If you find yourself in a park or open area when a threat occurs you will need to hide or make your way to a safe location as fast as possible. This is known as Cover vs. Concealment. Cover would be the first choice and increase survivability. Placing objects such as trees, light posts, walls, playground equipment, buildings, etc. would be ideal in stopping a bullet.

If cover isn't an option, concealment is the next best thing. Concealment, such as hiding in the bushes, mightconceal you from the threat, but it won't stop bullets or shrapnel from harming you. Always remember: Run, Hide, Fight and keep reevaluating the situation with your given environment. Shooting a moving target is difficult to do, so running as fast and far away from the threat as possible would be effective.

You and your kids are the number one priority and getting them away from the danger as quick as possible is the most important thing. Always be aware of your environment and know of cover/concealment options when arriving into an open area.

If you have never heard gunfire in person, watch YouTube videos and listen to different types of ammunition being fired. You can also go to your local shooting range. There are different sounds for different types of guns, but there is generally a crack and then a thud. If the crack and thud are futher apart, you are running away from the active shooter. If the crack and thud sound closer together, you are running toward the gunfire.

Imagine what you would do if you heard gunfire. Where would you run? If you couldn't run, where would you hide? What could you grab that would help you fight if you needed to? This is known as Run, Hide, Fight.



### ACTIVE SHOOTING POINTS TO SAFETY GUIDE FOR YOUNG CHILDS

If you are an adult and you hear something that sounds like fireworks or a car backfiring, it may be a gunshot instead. Your first response might be to freeze, don't. Your time is limited. Experts agree the best thing you can do to protect yourself and the young children you are with is to run. Get as far away from the gunfire as you can. Don't do what the crowd is doing if they freeze. Drop your belongings and grab the children. If you have more than one child take two by their wrists and carry the other child. Is it faster to take the child out of the stroller or push it? These are split second decisions you will have to make that could save lives.

If the shooter is in the front of the building, run toward the back. You can go through the kitchen, receiving area, window or employee entrance and then outside. If people have fallen don't stop, keep running. Remember, a moving target is harder to shoot than a standing one.

If you are outside, get out of the shooter's view and behind something that will stop a bullet. If you can get into another room, lock the door and push heavy objects against it. Turn off the lights and turn the sound off to your cell phone or game. If someone REMEMBER

Stay off your phone and look at your surroundings.



Don't forget, exits could be in the back of the building.



Have a safety word in place for children.



Do I take the stroller, or leave it during an emergency?



Don't freeze, run!



Where are the stairs?



If you have to hide, turn off the lights and sound to any cell phone.



Don't open the door if someone knocks until you know it's law enforcement.



knocks on the door, don't answer it until you can confirm it is law enforcement. A 911 operator can tell you if it's okay to open the door.

You may ask yourself, how can I keep my children quiet? Give them a safety word beforehand, for example, danger or emergency. Make it a common word for them so they don't panic if they hear you say it during a true emergency. Let them know if you say that word, they are to be very quiet and to stay close





Many adolescents spend time at the mall with their friends. They go to movies, sporting events, restaurants and other public places by themselves. These are soft targets for active shooters, along with elementary, middle and high schools. And even though the chances of you being a victim of an active shooter are low, it is best to be prepared.

The theme throughout this book is: Run, Hide, Fight.

If you hear a gun being fired, run, don't freeze. Drop everything you have and run to the closest exit. Remember, the closest exit may be behind you. If you can't run, hide. If you can't hide, fight.

When you enter a facility, take a look around at your surroundings. Notice any exits and the people around you. Do you see anyone who looks out of place? Maybe they look nervous or dressed in heavy clothes as it they are trying to cover something up. Are they carrying a large bag or an oversized backpack? If you see someone like this, leave and report it when you are safe.

If you are with your younger siblings at the mall, theatre, or any open area, play a game with them. Ask them to show you where the exits are or where they would hide if they were in a park. Always keep them close to you.

If you are with someone in a wheelchair, ask them what they would want you to do if someone started shooting. Do they want you to push them? If their wheelchair can't be pushed, would they want you to pick them up?

In today's world it's important to let a teacher, doctor, law enforcement personal, your parents, or any adult know if you notice anyone that is exhibiting threatening behavior. Whether it is on or offline, posting pictures of guns, showing sympathy toward violent people, nervousness, talking about how many guns they have and what they would do with them. If it seems abnormal, report these observations to an adult.

- IF YOU CAN'T RUN, HIDE. IF YOU CAN'T HIDE, FIGHT!
- WHAT DO I DO IF THE SHOOTER IS IN THE ROOM WITH ME? THROW CHAIRS, BOOKS, LAMPS, SODA BOTTLES, ANYTHING THAT COULD DISRUPT THE SHOOTER.
- IF YOU HEAR THE GUN STOP FIRING THE SHOOTER MAY BE OUT OF BULLETS AND IS HAVING TO RELOAD. THIS IS YOUR CHANCE TO ATTACK.
- ACT AS AGGRESSIVE AS YOU CAN.
- DIAL 911 AND LEAVE THE LINE OPEN SO THE DISPATCHER CAN LISTEN.







Don't bully anyone, instead, reach out to someone who may seem alone, confused, or friendless. You may save their life or someone else's.

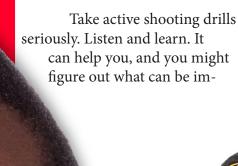
If you feel anxious about going to open places or your school, talk with a school nurse, school psychiatrist or a teacher about your feelings and thoughts. It's okay to reach out for help.

If you are on lockdown can someone come in to help you? Yes they can, but it may take some time. Lockdown is for your protection. If someone knocks on your door, even if it's only been a short time, keep the lights off, silence your phones, and stay quiet. If it's been some time since you have been on lockdown, you can ask a 911 operator if it's okay to open the door. Know that communication between schools and emergency responders have improved.

proved during an active shooting drill and be able to point it out to your teacher or law enforcement. If your school doesn't have active shooting drills, ask them when they plan to have one. Visit the US Homeland Security website for information on active shooting safety and also:

ndsp.nd.edu/crime-prevention-and-safety/shoot-er-hostage-situations.

Ask safety questions, take a few minutes to notice your surrounds, or perhaps talk with a security guard about safe areas or escape routes. You might feel strange at first, but after you ask questions, you will have the knowledge that could help protect you and help you to feel more at ease.







### SADVICE

Most everyone has seen or read about active shootings in schools. It is heartbreaking to hear what these children and their families have been through. It is normal for parents to worry, but how do you talk with your children about active shooting preparedness without scaring them? First, don't overreact when talking to them. Your children have been through tornado drills, fire drills, and earthquake drills. Treat this as another drill. Let them know that the chances of them actually being in an active shooting situation are rare. Teaching them to be prepared will ease their fears.

Here are some pointers to go over with your younger children: Run if you can, hide if you can't, fight if you have to. Teach them if they see something odd, it's okay to speak up and tell someone. Know your children's schools lockdown practices and go over it at home. If your children have to hide, teach them to be silent. Show them how to turn the sound off their phones and video games. Teach them to hide behind big or heavy objects, hide behind anything that will provide coverage. Tell them to stay away from the windows. Teach them how to dial 911. Tell them to stay on the phone with the 911 operator and not talk if they need to be silent. Tell your child if they come in contact with the shooter to throw things at the shooter. Teach them to follow the adult that is in charge. Play games with them when you are out. For example, ask them; "Can you tell me where you would hide if we were playing hide and seek? How do you turn the sound off your game? Do you know how to run in a zigzag line?"

With your older children, talk with them about how they feel with their school's active shooter drills. Does your child know what a gun sounds like? Ask them to tell you what they would do if there were an active shooter inside their school. Tell them they need to be aware of their surroundings and all exits when they are inside buildings so they will know where to hide if they had to. Ask them to tell you if they see or hear of anything strange or out of place, such as angry or threatening posts online.

Remember these are guidelines, things for you and your child to think about. You can seek further information from your children's schools, your law enforcement agencies, or online. Knowledge is power and talking about it eases fears.

## ACTIVE SHOOTER AT YOUR WORKPLACE

The chance of an active shooter attacking your place of work is rare, but it does happen and there are early signs to look for. The first sign you may see is someone being disrespectful toward customers, co-workers or supervisors. They may also bully co-workers, have financial stress, or marital and family issues. Other signs may include: arguing with co-workers or supervisors, refusing to comply with company policy, paranoia, increase in absenteeism, loss of control, a quick temper, or threatening to bring weapons to work. These are all signs to look for and if you notice anything abnormal, report it immediately to your Human Resources department.

RUN and escape, if possible. Leave your belongings behind. Help others if you can, but evacuate even if they don't want to follow! Getting away from the shooter is your number one priority. When outside of the building warn individuals from entering the area and inform them about the active shooter.

Whether you work with a large or small company, have a plan of escape in mind if an active shooter was to attack. Communicate that plan with your co-workers and supervisors and be willing to execute it. One of the best things you can do is to practice an active shooting drill. You can also watch videos on the U.S. Department Homeland Security website for guidance, or call your local law enforcement agency and ask for help.

### THE 911 OPERATOR WILL ASK YOU:

What is the location?

How many shooters are there?

What is the physical description of the shooter?

What are the weapons being used?

Are there potential victims?

### ONLY CALL 911 WHEN IT IS SAFE TO DO SO.

If you work with someone who is disabled, know in advance how to help them leave the office.

HIDE if you can't escape and hide out of the shooters view. Silence all electronic devices and make sure they won't vibrate. Lock the doors, close the blinds, and turn off the lights. The shooter is looking for easy targets. If you are inside a locked room, chances are the shooter will walk away.

Communicate with law enforcement by texting, communicating through social media, or hang a

sign in the window to let people know your location.

If you can't run or hide, FIGHT as a last resort and act as aggressively as you can!

### TEACHER'S ADVICE

Teachers are a special breed. They devote their lives to guiding our children into young adults. They teach them right from wrong while educating them. They watch over our children throughout most of the day, and because of this, they are our main protectors when a shooter attacks. Some teachers have lost their lives protecting our children during an active shooting situation.

In light of recent events teachers across America are thinking about practicing active shooting drills. Some schools call them lockdowns, active shooting drills or ALICE: Alert, Lockdown, Inform, Counter, Evacuate. Whatever safety drill your school uses, the main point is to teach your students to be familiar with the process. Informed students will be more prepared, less fearful, and able to act quickly.

Some schools have a code word between teachers and principals that can be announced over the speaker for an active shooting situation.

Teachers are the front line and are an important factor in communicating with their superiors about at-risk students. Superiors will then inform law enforcement of the at-risk students. Teachers and principals should reach out to at-risk students who are loners, bullied, or maybe going through difficult times at home. Let the at-risk students know if they need to talk, there is someone always willing to listen. Let the at-risk students

know they are important. As a group the parents, students, and educators can help each other by keeping communication lines open.

A teacher we spoke with said she teaches her students to stay as calm as possible and she always reminds them that they are safe.

The purpose of a lock-down drill is to know what to do in a life-threatening situation, to instinctively react without thinking.

With young students try not to scare them. Ask them to follow you to a safe place. Sit down together and ask them to be quiet. You can tell them you are going to show them pictures in a book.

Different schools use different drills for an active shooting situation. It's important that everyone, from teachers to students to parents know what those steps are.

Reach out to at-risk students and let them know they matter.



Today, law enforcement personnel train for active shooting situations. Some agencies train on-site at malls, schools or open areas. During this type of call, the first responders top priority is to locate and stop the threat. Until then, they will not have time to help injured people, or escort people out of the building. It is extremely important for you to follow their demands and not interfere with their process.

### SOME POINTS TO REMEMBER ARE:

•Stay as calm as you can, help is there.

•Follow first responders instructions quickly.

•Keep your hands high and fingers spread.

•Don't carry anything in your hands.

•Exit the building from the area the first responders tell you to exit.

•Don't make sudden moves.

•Don't engage with first responders, unless asked.

•Remember, first responders may be wearing different uniforms that you are not accustomed to seeing.

When law enforcement personnel arrive on scene; their priority is to stop the ATTACKER.

Law enforcement is trained to move directly to the sound of gunfire during an active shooting situation and then to stop it. Give them the space to run when you see them approaching.

Every second they are delayed stopping a threat, is another second a victim may be shot.

They will not be able to stop and help victims until the situation is under control.

This is one of the most dangerous situations law enforcement personnel will encounter. They are trained and armed with weapons and body armor to protect themselves. Help them do what they do best, and that is to protect you.

### Oh look, there's a flashlight. No, it's more than that! A flashlight can blind someone. A fire extinguisher is used to put out a fire, but if needed it can be used to spray the attacker in the eyes. The chemicals in the extinguisher will irritate their eyes, and give you a chance to make your next move. It's also heavy enough to knock someone out. The wasp spray General Safety Tips that you used the other day can shoot 12 yards away. Use that too! The pen you use to write with can be used to stab someone in the eyes or ears.

open.

If you are in a room with an active shooter and you can't run away, and there is nowhere

open.

•If you are in a room with an active shooter and you can't run away, and there is nowhere

to hide, then fight! Fight with anything that you can get your hands on. If more than one person is trapped with the shooter, then all of you throw

Do you have coins in your pocket? Throw your

loose change at the attacker. Yell!!

things at the shooter. This will make the shooter fall off balance, giving people time to take down

the shooter and take their weapon away.

Take a second and look around you. What do you see? What items can you use? Will that soda bottle work? Maybe the scissors, or the picture frame on your desk? Being prepared and thinking outside the box will allow you to make quick decisions if needed.

- •Always be alert of your surroundings.
- •Observe who is around you. Keep your eyes and ears open.
- •If you are alone, take the elevator instead of the stairs.
- •Change your walking routine.
- •Know where safe places are if you need to go to one.
- •Before you go to a parking lot alone, ask a friend or a guard to walk with you.
- •If you are walking outside and see a suspicious person approaching you, cross the street and walk on the other side.
- •Keep your doors and windows locked in your home and your car.
- •Let a friend know if you are going somewhere alone and when you will be back.
- •Never meet someone alone that you met online.
- •Call 911 if you hear someone screaming.

### SIGNS OF POTENTIAL VIOLENT BEHAVIOR

One of the most important things we can do as a society is to report warning signs of potentially violent behavior.

If you notice any warning signs in your students, co-workers, friends or online, report them to a teacher, to law enforcement, a doctor, your parent, anyone that could help the person in question.

### SOME POTENTIAL VIOLENT BEHAVIORS ARE:

- Uncontrolled anger
- Social withdrawal
- Direct threats of harm
- Substance abuse
- Extreme changes in behaviors
- Bringing weapons to work or school
- Talking about suicide over situations such as: bullying, breakups, or money issues
- Anything that is posted online that seems abnormal

Reporting is helping!

### SURVIVORS & VICTIMS

Active shootings affect us all, whether it be directly or indirectly. It is painful to see what effects arise from these deadly situations; situations that shouldn't be happening. There are support groups that can help survivors of mass shootings or people who lost someone they love. Support from someone who has experienced the same loss is one of the best support you can find.

Research into the psychology of shooting survivors is being studied. Post-traumatic stress disorder is an aftereffect of those who have witnessed active shooting situations. Other symptoms victims may experience are sleep disturbances, anxiety, shock, and survivor's guilt.

After any tragic situation it's important to take care of yourself. Avoid overexposure to the media, and stay in contact with your friends and family. Counseling and psychiatric therapy is often needed to learn how to live your life after a traumatic experience.

It's okay to





### COMMON QUESTIONS ANSWERED

1) What do you do if the shooter is in the room with you?

Every situation is different, but generally if the shooter is in the room with you and you can't run or hide, as a last resort, fight. Stab the shooter with a sharp object in vital areas such as the eyes and ears, or hit them with a heavy object. Create chaos by throwing things at the shooter. A moving target is harder to hit. Make noise and swarm the shooter. Separate the gun from the shooter and hide the gun in a trash can or cover it with something. Don't hold the gun. When law enforcement arrives and they see you holding a firearm, they will have to assume you are the shooter.

### 2) How far do I run away from the building?

Run to a location that offers safety and/or cover. You can run to other businesses, behind buildings, parked cars, large trees, anything that offers protection. When the police arrive, and it is safe, run toward them, with your hands up and fingers spread, then quickly follow their instructions.

### 3) Will I be held liable for killing/injuring the shooter?

If you kill or injure the shooter to protect yourself, this would be considered self-defense and you would not be charged.

### 4) If I have a concealed carry license can I take my gun anywhere?

No, you cannot. Places you cannot carry your concealed weapon are bars, hospitals, government buildings, airplanes and schools. If a business owner posts a sign that says it is a gun-free zone, you are not allowed to carry a firearm in their place of business. Also, check your own state for specific rules.

### 5) Should I look at purchasing a firearm and obtaining a concealed carry permit?

This is a very personal decision that is supported by our constitution. If you were to encounter an active shooter, are you mentally able to take another human life if it is necessary to protect yourself and others from immediate harm? If you question yourself on being able to take someone else's life, then the answer is no. If you answered yes and decide to buy a firearm, then ongoing proficient training is a must to combat the extreme stress under certain situations.

### 6) How do I keep my small children quiet during an active shooting situation?

First, you must stay calm. The children will more than likely follow your lead during a time like this. When you are hiding, take a realistic view of the situation and turn it into a game to help the children stay calm. You can play the quiet game with them. You can read very quietly to them or show them pictures from a book. Tell them if law enforcement comes in they are looking for animals that got loose from the zoo and everyone has to stay quiet to help them. You can also reach out to your local law enforcement personnel, teachers or other adults to ask what information they may be able to share with you.

### 7) If I am involved in confronting the shooter(s), what should I do when the police respond?

Communication is vital. If the opportunity presents itself, notify 911 or have someone near you notify 911 that a civilian with a firearm confronted the threat. Give them a description of what you are wearing and your location, so arriving law enforcement personnel have that information. If you have successfully stopped the threat, the threat is nowhere around you, or officers are arriving on the scene, holster your firearm immediately. Keep your hands free, visible, and listen to any instructions the officers are giving you.

### 8) Afterward, how can law enforcement tell the difference between the shooter or victim?

When law enforcement arrives on scene they will assess the situation quickly. They will run toward any firearm sound. Keep your arms above your head and your fingers spread. Do not make sudden moves. Do not carry anything in your hands so they will know you are a victim. Follow their instructions.

### 9) If we are on lockdown can law enforcement still get in?

Yes, they can. They will arrive as soon as possible. Remember, a lock-down is for your protection and law enforcement have been trained in these situations.

### 10) Where do I run if I have a chance to get away from the immediate danger zone?

Anywhere away from the immediate danger zone is a good choice, but place barriers between yourself and the danger zone as best as possible. Hide behind locked doors, file cabinets, walls, trees, vehicles, other buildings, etc. You must be innovative to survive within your given environment.

Although, the chances of someone being in an active shooting situation are rare, it is better to be prepared. One way to prepare yourself is to practice an active shooting drill. These drills are to be taken seriously, as they will prepare you mentally to make quick decisions in a high-stress situation.

You should also report anything that seems abnormal from someone at work or school. If you notice anything odd online, don't hesitate to contact authorities.

You can report any issues to law enforcement, parents, teachers, doctors, security guards, anyone that can help.

If you feel stressed or overwhelmed by an active shooting event, talk with your doctor, a school nurse, a teacher, co-workers, or therapist. It's important to take care of yourself.

Today, active shooting threats are taken very seriously and there have been many arrests of people making threats toward soft target areas. For instance, a 13-year-old boy was arrested after he was accused of making a threat on social media against his middle school. An older man was arrested after he made threats against his co-workers. A school resource officer at a high school overheard a student say the school would be shot up in three weeks. Hours later, investigators recovered multiple firearms from his home. Again, if you hear of anything suspicious please report it.

If you feel lost, bullied, overwhelmed, at work or school, reach out to someone. There are many people you can talk with who want to help you.



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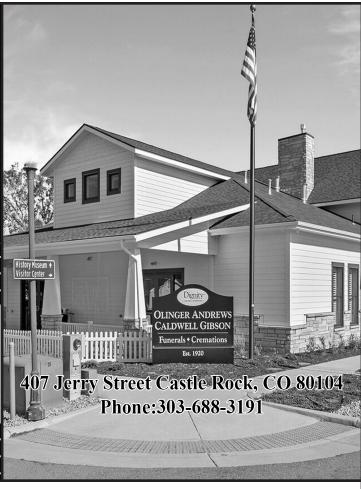


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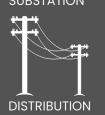




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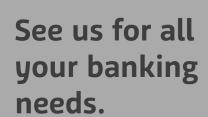
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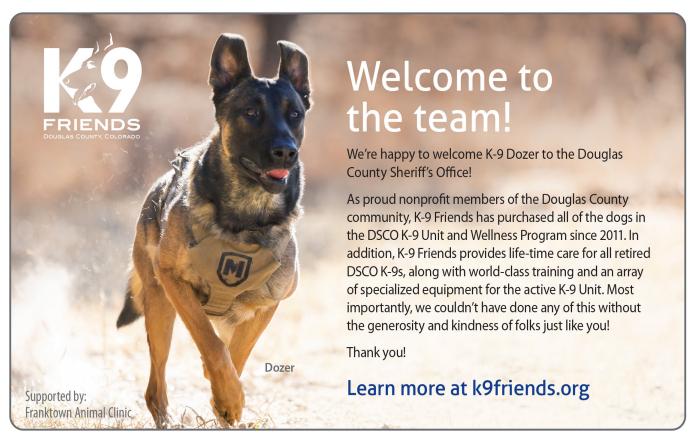
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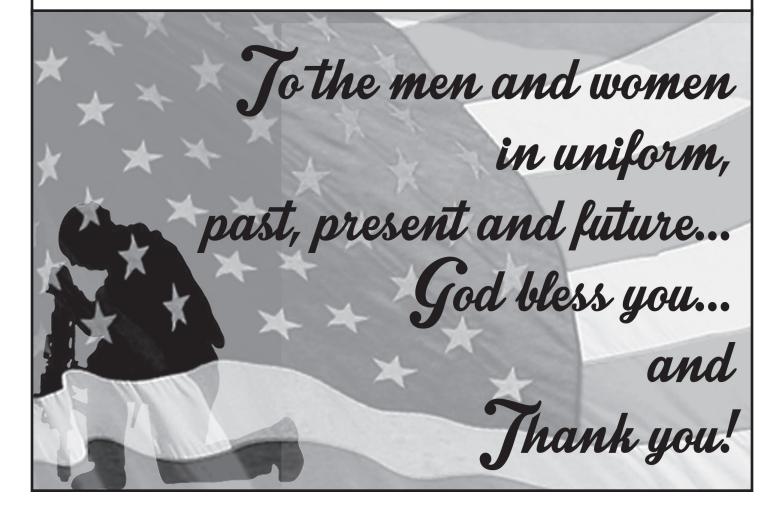
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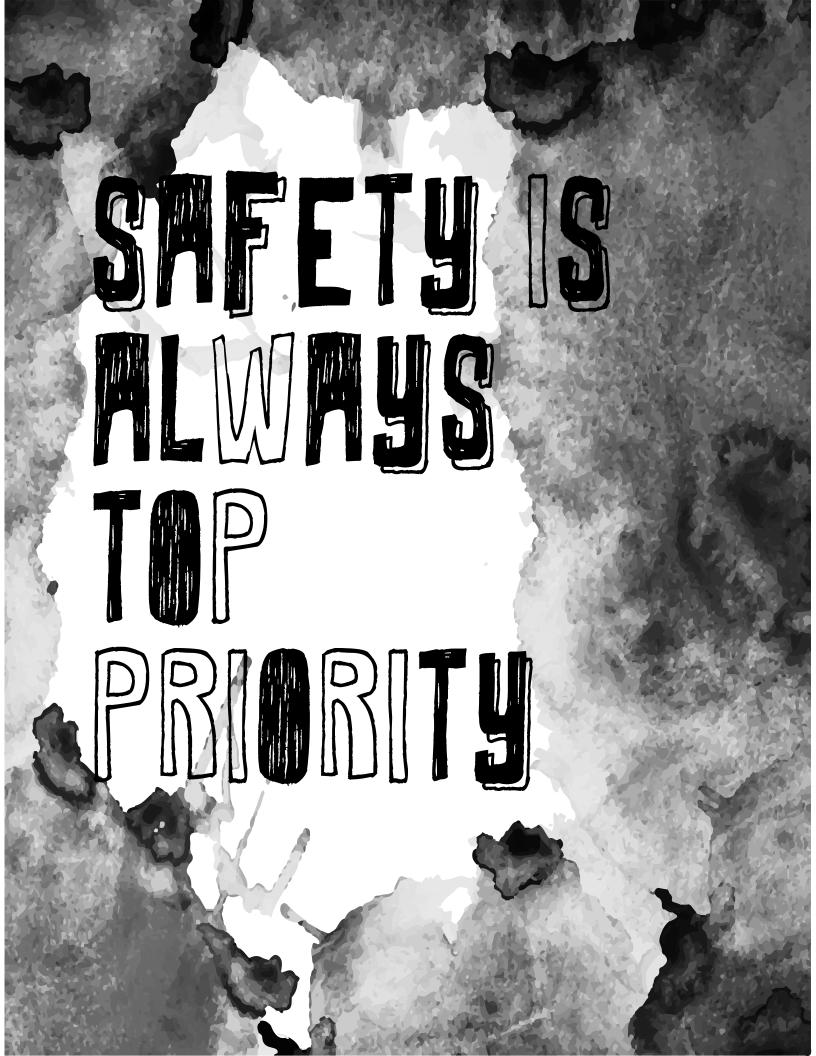




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