

What can I teach my student to better prepare them should an active shooter incident take place in their school?

- Teaching self-awareness habits to your student is probably the most important proactive step in keeping them safe during any critical incident. Self-awareness means being aware of your surroundings and having thought through what you might do in a crisis before a crisis occurs.
- Learning self-awareness takes practice and you can help by asking your student “what if” questions on a frequent basis. For example, while at a restaurant, ask what they would do if a disturbance broke out nearby, someone produced a gun, or the main exit was blocked. Listen to their responses, guide them toward safe choices, and encourage them to think of multiple options.

- High school students often spend more time away from your supervision. Talk about their activities and use “what if” questions to strengthen their self-awareness skills.
- For example, if your student comes home and shares that a friend is having problems with their parents, use the situation as an opportunity to practice “what ifs.” Ask: “What if your friend expressed thoughts of self-harm or a desire to hurt someone? What would you do, and who would you tell?” Listen to their response and guide them toward safe choices, including telling a trusted adult.



If you feel unsafe or know someone who feels unsafe, please report it [here at Sprigeo](#).

**For further questions or concerns,
please contact:**

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TALKING TO YOUR STUDENT ABOUT SCHOOL SAFETY



*High School
Guide*

What should I share with my student when discussing active shooter incidents and their safety while at school?

- You may want to share with your student that unfortunately, there are a few people in our world that choose to harm others. On rare occasions, these people are similar in appearance to your student. It can be someone young, in school and maybe even someone they know.
- You should tell your student that, statically, schools are one of the safest places they can be, and listening to and actively participating in the various safety drills throughout the year only makes them safer.
- Your student should be able share with you many of the things in their school that are there to make them safe. Ask them if they follow the security guidelines in their schools, and if not, why?

What do I tell my student when they ask me what they should do if there is an active shooter in their school?

- Share with your student that all school staff have been trained on how to respond to an active shooter situation. Students should look to a staff member for guidance and follow their directions.
- Tell your student that if a staff member is not nearby, they may need to think for themselves. The three options are to run, hide, or fight—with fighting as the last option. If hiding, choose a room that can be locked, barricade the door if possible, turn off the lights, and remain silent.
- Share that if they choose to run, they should leave the building by the safest available route and continue until they are off school property.
- Explain that during an active shooter incident, normal rules may not apply. For example, it may be necessary to exit through a window or door or use available objects to protect themselves.

What can I tell my student that would empower them to feel better about their safety while at school?

- Students can be taught that security is everybody's responsibility, including their own.
- Share with your student that most active shooters will conduct surveillance and make detail plans on best to get into a school. They will notice if doors are being propped open or left unlocked. Remind them to never prop open a door or let someone in from outside.
- Instruct your student to report any door that is left or propped open and to speak up if they see someone putting others' safety at risk by unlocking or propping open a door.
- School shooters may make comments, give clues, or warn friends beforehand. Tell your student that if they hear or see something concerning, they should report it immediately to an adult or through the SPRIGEO website.