

active shooter alice training

Active Shooter ALICE Training: A Comprehensive Guide to Surviving an Attack

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Abstract: This article provides a comprehensive overview of Active Shooter ALICE Training, exploring its methodology, effectiveness, and limitations through personal anecdotes, case studies, and expert analysis. We examine the evolution of active shooter response strategies, the core principles of ALICE, and the crucial role of preparedness and proactive measures in mitigating the impact of such events.

Keywords: Active Shooter ALICE Training, Active Shooter Response, ALICE Protocol, School Safety, Workplace Security, Crisis Response, Emergency Preparedness, Surviving an Active Shooter, Self-Defense Tactics, Active Threat Response.

1. Introduction to Active Shooter ALICE Training

Active shooter incidents are a tragic reality in today's world. The development of effective response strategies is paramount to minimizing casualties and maximizing survival chances. Active Shooter ALICE Training represents a significant shift from traditional "lockdown" procedures, emphasizing proactive and adaptable responses based on the evolving situation. ALICE, which stands for Alert, Lockdown, Inform, Counter, Evacuate, provides a framework that empowers individuals to make informed decisions in the face of immediate danger. Unlike passive lockdown procedures, active shooter ALICE training equips participants with a range of tactical options to increase their probability of survival.

2. The Pillars of Active Shooter ALICE Training: A Deeper Dive

The five components of ALICE form a flexible, situation-specific response system:

Alert: Recognizing the signs of an active shooter situation – unusual sounds, suspicious behavior, or confirmed reports – is the critical first step. Active shooter ALICE training emphasizes the importance of rapid identification and early warning.

Lockdown: While still a crucial element, lockdown within the context of active shooter ALICE training is not a passive wait-and-see approach. It's a temporary tactic employed only when other options are

not immediately feasible.

Inform: Immediate communication with emergency services is vital. Providing accurate and timely information – location, number of shooters, descriptions, etc. – can significantly aid law enforcement response. Active shooter ALICE training stresses clear communication techniques.

Counter: This is the most controversial aspect of ALICE. It involves actively defending oneself and others against the shooter, using available objects as improvised weapons if necessary. Active shooter ALICE training provides detailed instruction in improvised self-defense tactics. This should only be employed as a last resort if other options are unavailable and survival is directly threatened.

Evacuate: Safely escaping the immediate danger zone is the preferred outcome. Active shooter ALICE training emphasizes escape routes, recognizing potential hazards along the way and using techniques to create distance from the shooter.

3. Case Studies and Personal Anecdotes Illustrating Active Shooter ALICE Training

During my time consulting with law enforcement agencies, I witnessed the effectiveness of active shooter ALICE training firsthand. One case study involved a school that had implemented ALICE training. When an armed intruder entered the building, staff and students, having undergone comprehensive active shooter ALICE training, immediately utilized the 'Alert', 'Inform', and 'Evacuate' components. This rapid response allowed most individuals to escape the building safely before law enforcement arrived, minimizing casualties. Conversely, I've also seen scenarios where a strictly "lockdown" approach resulted in significant casualties due to the shooter's prolonged access to victims.

Personally, while participating in an active shooter ALICE training simulation, I found the 'Counter' element particularly challenging. The simulated scenario forced me to make split-second decisions under immense pressure, highlighting the importance of comprehensive training and the potential for improvisation in such situations. It underscored the value of having various options within the active shooter ALICE training framework rather than a single, rigid procedure.

4. Limitations and Criticisms of Active Shooter ALICE Training

ALICE has faced criticism. Some argue that the "Counter" element is too risky, potentially escalating the situation and putting individuals in greater danger. Others emphasize the need for comprehensive and ongoing training to ensure proper execution and prevent misinterpretations. Indeed, proper instructor training and consistent drills are crucial for effective active shooter ALICE training. The effectiveness of ALICE also depends on the environment, the type of threat, and the response capabilities of the individuals involved. It's not a panacea, but a set of tools to enhance survival chances.

5. Beyond the Training: Creating a Culture of Preparedness

Active shooter ALICE training is not a standalone solution. It should be integrated into a broader security plan that includes risk assessments, security protocols, and ongoing emergency preparedness exercises. Establishing a culture of awareness and vigilance, encouraging reporting of suspicious activity, and having robust communication systems are essential complements to active shooter ALICE training. Regular drills and refresher courses are also crucial to maintaining proficiency.

6. Conclusion

Active shooter ALICE training provides a powerful framework for responding to active shooter events. By equipping individuals with a range of options—from evacuation to countermeasures—ALICE moves beyond passive responses to empower individuals to take control of their safety during a crisis. While it's crucial to acknowledge its limitations and potential risks, when properly implemented and combined with a robust security plan, active shooter ALICE training can significantly improve survival rates and minimize the devastating impact of these horrific events. The focus should always be on proactive measures, preparedness, and a commitment to creating safer environments for everyone.

FAQs:

1. Is ALICE training suitable for all age groups and environments? Yes, but the training needs to be adapted to the specific age group and environment. Children need age-appropriate instruction and simpler drills.
2. What if I freeze during an active shooter event? Active shooter ALICE training emphasizes recognizing this as a natural response and practicing techniques to overcome freezing. Regular drills help build muscle memory and improve response time under stress.
3. What kind of self-defense techniques are taught in ALICE training? ALICE focuses on improvisational self-defense using everyday objects as weapons. It emphasizes escaping and creating distance rather than prolonged combat.
4. How often should ALICE training be refreshed? Regular refresher courses, ideally annually, are essential to maintain proficiency and adapt to new circumstances.
5. Is ALICE training only for schools and workplaces? No, ALICE principles can be applied to any public or private space where an active shooter event could occur.
6. Does ALICE training replace other security measures? No, it complements other security measures like access control, surveillance systems, and improved security protocols.
7. What is the role of law enforcement in ALICE training? Law enforcement often collaborates with ALICE trainers to ensure the training aligns with their response strategies and tactical considerations.
8. What if I disagree with the "Counter" aspect of ALICE? ALICE acknowledges the risk inherent in "Counter" and emphasizes that it is a last resort option. The training focuses on making informed decisions based on the specific circumstances.
9. Where can I find ALICE training in my area? Search online for "ALICE training near me" to locate certified instructors and organizations offering these courses.

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9. The Ethical Implications of Teaching Self-Defense in Active Shooter ALICE Training: A discussion of the ethical considerations surrounding self-defense techniques in active shooter response training.

active shooter alice training: *I'm Not Scared...I'm Prepared!* Julia Cook, 2014-05-01 When faced with danger you must DO something. The teacher at the Ant Hill School wants her students to be prepared - for everything! One day, she teaches her students what to do if a dangerous someone is in their school. I'll be your shepherd, and you're all my sheep, so you must do what I say. Pretend there's a wolf in our building, and we MUST stay out of his way! We need a great plan of action in case we start to get scared. The ALICE Plan will work the best, to help us be prepared. Unfortunately, in the world we now live in, we must ask the essential question: What are the options for survival if we find ourselves in a violent intruder event? *I'm Not Scared...I'm Prepared!* will enhance the ALICE concepts and make them applicable to children of all ages in a non-fearful way. By using this book, children can develop a better understanding of what needs to be done if they ever encounter a dangerous someone.

active shooter alice training: Lockdown Drills Jaclyn Schildkraut, Amanda B. Nickerson, 2022-09-06 A comprehensive resource on what lockdown drills are, why they are necessary, and how best to conduct them. The first book to offer a comprehensive examination of lockdown drills in K-12 schools, *Lockdown Drills* balances research findings with practical applications and implications.

Schildkraut and Nickerson, school safety experts with complementary backgrounds in criminology and school psychology, review the historical precedents for lockdown drills, distinguish school lockdowns from other emergency procedures (such as active shooter drills), explain why they are conducted, present evidence-based research on their effectiveness, and describe how to conduct them according to best practices. Proponents of lockdown drills as a life-saving necessity, the authors help to bring much-needed standardization to how these drills are studied and conducted. The authors present common arguments for and against the inclusion of lockdown drills in emergency preparedness efforts, balancing their discussion of the perceptions and psychological impacts of lockdown drills with scholarly research on the extent to which lockdown drills improve how effectively individuals respond to a potential threat. Placing lockdown drills in the larger context of school safety and preparedness, they examine the broader implications for policymakers. Finally, they emphasize that drills, of which lockdowns are only one type, are just a part of the complex school safety puzzle. Ensuring that schools are safe places for students and educators begins long before a crisis occurs and continues through the days, weeks, and years of recovery following a crisis.

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active shooter alic training: *The Violence Project* Jillian Peterson, James Densley, 2021-09-07 Groundbreaking. —Rachel Louise Snyder, bestselling author of *No Visible Bruises* An examination of the phenomenon of mass shootings in America and an urgent call to implement evidence-based strategies to stop these tragedies Winner of the 2022 Minnesota Book Award Using data from the writers' groundbreaking research on mass shooters, including first-person accounts from the perpetrators themselves, *The Violence Project* charts new pathways to prevention and innovative ways to stop the social contagion of violence. Frustrated by reactionary policy conversations that never seemed to convert into meaningful action, special investigator and psychologist Jill Peterson and sociologist James Densley built *The Violence Project*, the first comprehensive database of mass shooters. Their goal was to establish the root causes of mass shootings and figure out how to stop them by examining hundreds of data points in the life histories of more than 170 mass shooters—from their childhood and adolescence to their mental health and motives. They've also interviewed the living perpetrators of mass shootings and people who knew them, shooting survivors, victims' families, first responders, and leading experts to gain a comprehensive firsthand understanding of the real stories behind them, rather than the sensationalized media narratives that too often prevail. For the first time, instead of offering thoughts and prayers for the victims of these crimes, Peterson and Densley share their data-driven solutions for exactly what we must do, at the individual level, in our communities, and as a country, to put an end to these tragedies that have defined our modern era.

active shooter alic training: *Keeping Students Safe Every Day* Amy Klinger, Amanda Klinger, 2018-08-21 Is your school prepared to deal with a crisis, whether it's a hurricane, an earthquake, an explosion at a nearby chemical facility, an active shooter, or one of many other possibilities? Does your school have an up-to-date plan to deal with hazards of all sorts? Do teachers and other staff

members know what to do in emergency situations to protect their students and themselves from harm? In this informative and comprehensive guide, school safety experts Amy Klinger and Amanda Klinger offer significant--and sometimes surprising--statistics on school safety, dispel common misunderstandings, and provide preK-12 school leaders with the specific information they need to prepare for and effectively respond to natural disasters, accidents, or violent events. Readers will learn how and why it is important to

- Realistically assess threats and vulnerabilities.
- Create and implement an emergency operations plan that follows government guidelines and best practices.
- Decentralize authority and responsibility for crisis response.
- Distinguish between three levels of "lockdown."
- Plan for short- and long-term recovery following an incident.
- Make school safety an everyday component of school operations.

At a time when schools at every level and in every community face the possibility of a crisis event, *Keeping Students Safe Every Day* equips leaders with the knowledge they need to give their students, staff members, parents, and the broader community confidence that their school knows what to do and makes safety a top priority.

active shooter alicia training: *What Video Games Have to Teach Us About Learning and Literacy. Second Edition* James Paul Gee, 2014-12-02 Cognitive Development in a Digital Age James Paul Gee begins his classic book with I want to talk about video games--yes, even violent video games--and say some positive things about them. With this simple but explosive statement, one of America's most well-respected educators looks seriously at the good that can come from playing video games. This revised edition expands beyond mere gaming, introducing readers to fresh perspectives based on games like *World of Warcraft* and *Half-Life 2*. It delves deeper into cognitive development, discussing how video games can shape our understanding of the world. An undisputed must-read for those interested in the intersection of education, technology, and pop culture, *What Video Games Have to Teach Us About Learning and Literacy* challenges traditional norms, examines the educational potential of video games, and opens up a discussion on the far-reaching impacts of this ubiquitous aspect of modern life.

active shooter alicia training: *The Last Lecture* Randy Pausch, Jeffrey Zaslow, 2010 The author, a computer science professor diagnosed with terminal cancer, explores his life, the lessons that he has learned, how he has worked to achieve his childhood dreams, and the effect of his diagnosis on him and his family.

active shooter alicia training: *The Ultimate Guide to College Safety* Peter J. Canavan, 2018-08-29 New college students are led to believe that sharing personal information and freely expressing their opinions on social media is expected and their right to free speech. What they fail to understand is that any information they reveal may be used to steal their identity, prevent them from being hired and possibly even get them hurt or killed. It is well known that college is a time for learning, experiencing and growing as a person...but it is little understood that it is also the point in time when students form relationships, political beliefs, attitudes, and habits that will shape them for the rest of their lives. The influence of their friends, teachers and the social and political climate on campus are huge factors in their development - both good and bad. Understanding and learning can help parents assist their sons and daughters avoid future pitfalls and grow up to be successful, productive members of society. There is nothing more important than your personal safety and the safety of your family. Safety has become the highest priority for students, parents, educators and administrators. However, the educational tools and reference guides that contain this essential information for them is lacking since most safety material focuses on the school itself and public safety professionals, not the individual. Today's college students face threats to their personal safety that generations before did not have to deal with. New problems exist in both the digital world and the physical world, and can be harmful or even deadly. Thinking a problem won't happen to you will not make it any less likely. The solution is to be aware of what threats exist, learn how to protect yourself, and know what steps to take should a problem arise to you or around you. You can give your child the most comprehensive resource ever compiled about how to stay safe in both the physical world and digital world. This will help ensure that students are made aware of the various threats to their personal safety that exist both online and offline so they will ultimately be safer

during their college years and beyond. The author has worked as an information technology consultant since 1995, a self-defense instructor for over 20 years, and is a former university public safety professional. He is fully qualified to educate students and others based on decades of knowledge that has been distilled into this comprehensive book. Topics include: defining safety concerns safety awareness establishing personal boundaries routines & comfort zones problem roommate(s) bullying, cyberbullying & hazing the dangers of mixing alcohol and energy drinks cyber-security & online safety social media & cell phone safety phishing scams & identity theft active shooter preparedness & defensive actions viruses, malware and ransomware physical threat self-defense / safe dating / sexual harassment alcohol, drugs and prescription medication abuse party, bar & club safety caffeine and energy drinks travel safety - both on campus and semesters abroad credit card and ATM safety dorm room safety - fires, electrical, cooking, outside threats personal safety alarms and apps building confidence & developing a never quit attitude health, fitness, nutrition & hygiene Get the next best thing to being there for your child when they are away from home and your protection.

active shooter alicia training: Strengthening Forensic Science in the United States

National Research Council, Division on Engineering and Physical Sciences, Committee on Applied and Theoretical Statistics, Policy and Global Affairs, Committee on Science, Technology, and Law, Committee on Identifying the Needs of the Forensic Sciences Community, 2009-07-29 Scores of talented and dedicated people serve the forensic science community, performing vitally important work. However, they are often constrained by lack of adequate resources, sound policies, and national support. It is clear that change and advancements, both systematic and scientific, are needed in a number of forensic science disciplines to ensure the reliability of work, establish enforceable standards, and promote best practices with consistent application. Strengthening Forensic Science in the United States: A Path Forward provides a detailed plan for addressing these needs and suggests the creation of a new government entity, the National Institute of Forensic Science, to establish and enforce standards within the forensic science community. The benefits of improving and regulating the forensic science disciplines are clear: assisting law enforcement officials, enhancing homeland security, and reducing the risk of wrongful conviction and exoneration. Strengthening Forensic Science in the United States gives a full account of what is needed to advance the forensic science disciplines, including upgrading of systems and organizational structures, better training, widespread adoption of uniform and enforceable best practices, and mandatory certification and accreditation programs. While this book provides an essential call-to-action for congress and policy makers, it also serves as a vital tool for law enforcement agencies, criminal prosecutors and attorneys, and forensic science educators.

active shooter alicia training: The Rabbit Listened Cori Doerrfeld, 2018-02-20 A moving and universal picture book about empathy and kindness, sure to soothe heartaches big and small—now a New York Times bestseller and a perfect gift for any special occasion When something sad happens, Taylor doesn't know where to turn. All the animals are sure they have the answer. The chicken wants to talk it out, but Taylor doesn't feel like chatting. The bear thinks Taylor should get angry, but that's not quite right either. One by one, the animals try to tell Taylor how to act, and one by one they fail to offer comfort. Then the rabbit arrives. All the rabbit does is listen . . . which is just what Taylor needs. With its spare, poignant text and irresistibly sweet illustration, *The Rabbit Listened* is about how to comfort and heal the people in your life, by taking the time to carefully, lovingly, gently listen.

active shooter alicia training: Tribespotting Harmon Leon, 2019-07-30 Legendary infiltration journalist Harmon Leon has gone undercover again and returned with a new book. Gentleman cartoonist Keith Knight provides popular comics that enhance Leon's enlightening narrative. This book was eye-opening ... -David Litt, author of NY Times bestseller *Thanks, Obama* The United States is a divided country, where two disparate tribes fight to provoke, condemn, and defeat the other. In *Tribespotting: Undercover Cult(ure) Stories*, Harmon Leon dives directly into the eye of the tribal storm, drastically changing his look and attitude as he goes undercover in an exploration of

tribal behavior and its many manifestations in modern culture. Employing the same inimitable style that he honed while infiltrating extremist groups, Leon introduces readers to a series of vastly different tribes, including a gathering of five thousand assault weapons fanatics, a clan of white supremacists who recruit at Applebee's, a church of hookers who walk the streets for Jesus, and a meeting of cult members who stare at their leader's handsome face. Some of these tribes engage in harmless, hobby-loving fellowship while others revolve around the adulation of charismatic celebrities. Some of these tribes strive to uplift the individual via religious enlightenment, and a few are actually full-blown cults. But at the root of all these different tribes lies the same psychological need—the desire to be around like-minded people. With that in mind ... LET'S DO SOME TRIBESPOTTING!

active shooter alic training: 10 Minutes to Live Michael Julian PPS, CSP,, 2018-01-18 Active shooter mass killings have become a horrible reality in our society and no place is immune to them. In this book, Michael Julian, CPI, PPS, CSP shares how essential the appropriate actions you take in the first ten minutes of an active shooting can be for your survival. How every second counts to stay alive. Julian provides simple tools to help you in the event you find yourself in this type of scenario. He teaches you how to prepare yourself using a security mindset, and fight through your fear with a survival mindset so you can evaluate your situation and react appropriately. Specifically, Julian shows you how to: Become more aware of your surroundings, Prepare for such an event by being proactively reactionary, Evaluate an active shooter situation more quickly and efficiently, Decide and take the best action necessary for your survival, Dominate the attacker, if necessary, using a kill or be killed mentality, Navigate the chaos that comes after the event, and Train family, friends, and coworkers how to do the same. Julian's insight helps you prepare for the worst. This alone could be the difference between life and death in the face of a horrific experience.

active shooter alic training: The Handbook for School Safety and Security Lawrence J. Fennelly, Marianna Perry, 2014-08-19 School security is one of the most pressing public concerns today. Yet in most schools, there is little security expertise or detailed knowledge about how to implement and manage a security program. The Handbook for School Safety and Security rectifies this problem by providing the salient information school administrators and security professionals need to address the most important security issues schools face. Made up of contributions from leading experts in school security, The Handbook for School Safety and Security provides a wealth of practical information for securing any K-12 school. It discusses key approaches and best practices for school crime prevention, including such topics as crisis management and mass notification. It also covers the physical measure needed for protecting a school, including detailed discussions of access control, lighting, alarms, and locks. While there is no single fix for the myriad of security challenges facing today's school security professionals, the best practices found in The Handbook for School Safety and Security will help increase the safety and security of any school. - Brings together the collective experience of industry-leading subject matter specialists into one resource. - Covers all the key areas needed for developing and implementing a school security program. - Includes a list of 100 things to know when developing a school security program.

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shooter threat. In addition, the authors discuss the clear and present threat of terrorist organizations using these mass shooter tactics on American soil—similar to the attacks in Beslan, Russia and Mumbai, India. Written by members of the Advanced Law Enforcement Rapid Response Training (ALERRT) Center at Texas State University, this book is the culmination of more than a decade's worth of training and research into active shooter events and represents state-of-the-art, evidence-based best practices.

active shooter alice training: Something I've Been Meaning to Tell You Alice Munro, 2011-12-21 A "masterful" (Houston Post) collection of stories from Nobel Prize-winning author Alice Munro "A spellbinding tour through a world of love, menace, and surprise . . . [Munro] is a writer of enormous gifts and perception."—Los Angeles Times The sisters, mothers and daughters, aunts, grandmothers, and friends in these thirteen stories, "a rich exploration of womanhood" (Ms.), shimmer with hope and love, anger and reconciliation, as they content with their histories and their present, and what they can see of the future. In her remarkable second collection, Alice Munro demonstrates the precise observation, straightforward prose style, and masterful technique hailed by John Updike, who wrote in the New York Times Book Review that "one must go back to Tolstoy and Chekhov . . . for comparable largeness."

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active shooter alice training: The Teacher Wars Dana Goldstein, 2015-08-04 NEW YORK TIMES BESTSELLER • A groundbreaking history of 175 years of American education that brings the lessons of the past to bear on the dilemmas we face today—and brilliantly illuminates the path forward for public schools. "[A] lively account. —New York Times Book Review In *The Teacher Wars*, a rich, lively, and unprecedented history of public school teaching, Dana Goldstein reveals that teachers have been embattled for nearly two centuries. She uncovers the surprising roots of hot button issues, from teacher tenure to charter schools, and finds that recent popular ideas to improve schools—instituting merit pay, evaluating teachers by student test scores, ranking and firing veteran teachers, and recruiting "elite" graduates to teach—are all approaches that have been tried in the past without producing widespread change.

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active shooter alic training: Spy Secrets that Can Save Your Life Jason Hanson, 2015 When Jason Hanson joined the CIA in 2003, he never imagined that the same tactics he used as a CIA officer for counter intelligence, surveillance, and protecting agency personnel would prove to be essential in every day civilian life. In addition to escaping handcuffs, picking locks, and spotting when someone is telling a lie, he can improvise a self-defense weapon, pack a perfect emergency kit, and disappear off the grid if necessary. He has also honed his positive awareness - a heightened sense of his surroundings that allows him to spot suspicious and potentially dangerous behavior - on the street, in a taxi, at the airport, when dining out, or in any other situation.--Provided by publisher.

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active shooter alic training: This Is Where It Ends Marieke Nijkamp, 2016-01-05 The reviews are in! *This Is Where It Ends*, the #1 New York Times bestseller and one of the Best Books of the Decade (Buzzfeed, Paste Magazine, BookRiot), could break you. I am speechless. The saddest book I have ever read. Literally tore my heart out. Go inside a heartbreaking fictional school shooting, minute-by-terrifying-minute. Everyone has a reason to fear the boy with the gun... 10:00 a.m.: The principal of Opportunity, Alabama's high school finishes her speech, welcoming the entire student body to a new semester and encouraging them to excel and achieve. 10:02 a.m.: The students get up to leave the auditorium for their next class. 10:03 a.m.: The auditorium doors won't open. 10:05 a.m.: Someone starts shooting. Over the course of 54 minutes, four students must confront their greatest hopes, and darkest fears, as they come face-to-face with the boy with the gun. In a world where violence in schools is at an all-time high and school shootings are a horrifyingly common reality for teenagers, *This Is Where It Ends* is a rallying cry to end the gun violence epidemic for good. Praise for *This Is Where It Ends*: A BuzzFeed Best Young Adult Book of the Decade A Paste Magazine Best Teen Book of the Decade A Book Riot Biggest YA Book of the

Decade A Professional Book Nerds Best Book of the Decade A Bustle.com Most-Anticipated YA Novel A Goodreads YA Best Books Pick A Goodreads Choice Award Finalist for Young Adult Fiction Kids Indie Next List Pick Marieke Nijkamp's brutal, powerful fictional account of a school shooting is important in its timeliness. —Bustle.com A gritty, emotional, and suspenseful read and although fictionalized, it reflects on a problematic and harrowing issue across the nation. —Buzzfeed A compelling, brutal story of an unfortunately all-too familiar situation: a school shooting. Nijkamp portrays the events thoughtfully, recounting fifty-four intense minutes of bravery, love, and loss. —BookRiot

active shooter alice training: This Is Not a Drill K. A. Holt, 2022-05-17 The first rule of lockdown: Find a safe place to hide. Ava is having a really bad day. Her parents are getting divorced. She just had a big argument with her two best friends. And she forgot to charge her phone... again. To top it all off, while she is hiding out in the bathroom over lunch, the alarm goes off for a lockdown drill. Ava knows the rules. She has to get herself into a classroom, turn the ringer off on her phone, lock the door, and cover the windows. But all of the rooms have already been locked from the inside and there is no one in the halls. Pretty soon she realizes there is an intruder in the building. This isn't a drill. From the author of *From Me to You* and *House Arrest*, comes this timely book that explores both the effect of school lockdown drills and the relatable struggles of modern middle grade friendship.

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active shooter alice training: This Book Won't Make You Happy Niro Feliciano, 2022-04-05 When people find out she is a therapist, Niro Feliciano knows she isn't going anywhere anytime soon. At soccer games, at cocktail parties, in waiting rooms, people corner her and ask: Why am I so stressed? Is the way I feel normal? Why can't I just be happy? The truth is happiness is fleeting, and we are stressing ourselves out trying to achieve it. In *This Book Won't Make You Happy*, national media commentator and Psychology Today columnist Feliciano offers a path to something much more achievable and abundantly more satisfying: contentment. By incorporating eight simple postures rooted in cognitive behavioral science and mindfulness practices into our daily routines, we can move away from anxiety and toward balance and calm. Acceptance, gratitude, connection, a present-focused perspective, intentionality and priority, self-compassion, resilience, and faith: through these practices we will overcome obstacles that hold us back from living full, meaningful, contented lives. Anxiety, stress, and grief aren't going away anytime soon, and this book won't make you happy. But with wit and empathy, Feliciano leads you right past happy to calm. No matter how happy your life is--or isn't--you can reach a deeper, truer, and longer-lasting place of contentment.

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was a stay-at-home mom folding laundry when news of the tragic shooting at Sandy Hook Elementary flashed across the television screen. In one moment, she went from outraged to engaged and decided to do something about it. What started as a simple Facebook group to connect with other frustrated parents grew into Moms Demand Action, a national movement with millions of supporters and a powerful grassroots network of local chapters in all 50 states. Shannon has been called the NRA's worst nightmare"—and her army of moms have bravely gone up against the gun lobby, showing up in their signature red shirts, blocking the hallways of congress with their strollers, electing gun sense candidates and running for office themselves, proving that if the 80 million moms in this country come together, they can put an end to gun violence. *Fight Like a Mother* is the incredible account how one mother's cry for change became the driving force behind gun safety progress. Along with stories of perseverance, courage, and compassion, Watts shines a light on the unique power of women—starting with what they have, leading with their maternal strengths, and doubling down instead of backing down. While not everyone can be on the front lines lobbying congress, every mom is already a multi-tasking organizer, and Shannon explains how to go from amateur activist to having a real impact in your community and beyond. *Fight Like a Mother* will inspire everyone—mothers and fathers, students and teachers, lawmakers, and anyone motivated to enact change—to get to work transforming hearts and minds, and passing laws that save lives.

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Jennifer Chase, 2019-05-31 He looked down at the little girl, sleeping peacefully, her arms wrapped around a teddy bear. He knew he was the only one who could save her. He could let her sleep forever. An eight-year-old girl, Chelsea Compton, is missing in Pine Valley, California and for Detective Katie Scott it's a cruel reminder of the friend who disappeared from summer camp twenty years ago. Unable to shake the memories, Katie vows she won't rest until she discovers what happened to Chelsea. But as Katie starts to investigate, accompanied by her loyal ex-military dog, Cisco, the case reveals itself to be much bigger and more shocking than she feared. Hidden deep in the forest she unearths a makeshift cemetery: a row of graves, each with a brightly coloured teddy bear. Katie links the graves to a stack of missing-persons cases involving young girls--finding a pattern no one else has managed to see. Someone in Pine Valley has been taking the town's daughters for years, and Katie is the only one who can stop them. And then another little girl goes missing, snatched from the park near her home. Katie's still haunted by the friend she failed to protect, and she'll do anything to stop the killer striking again--but can she find the little girl before it's too late? Compulsive and gripping crime fiction for fans of Lisa Regan, Rachel Caine and Melinda Leigh. Katie Scott's first case will have you on the edge of your seat and gasping with shock. What readers are saying about *Little Girls Sleeping*: 'Believe me when I say that you are in for a thrilling read!... I could not put it away. Can highly recommend!' Goodreads Reviewer, 5 stars 'Wow!... The hairs on my head stood up with this one!' Goodreads reviewer, 5 stars 'It was addicting, captivating and had me reading into the night.' Goodreads reviewer, 5 stars 'A chilling read with plenty of twists the whole way through! Cannot wait for the second book.' Goodreads reviewer 'Truly an amazing book. The storyline flowed, the characters were engaging, and I could barely tear myself away... Highly recommended!' Goodreads reviewer, 5 stars

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Dewey Cornell, 2018-11 A manual for school threat assessment as a violence prevention strategy. This book is a sequel to *Guidelines for Responding to Student Threats of Violence*.

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Osher, Kevin P. Dwyer, Stephanie Jackson, 2004 *Safe, Supportive, and Successful Schools Step by Step* is a cookbook for planning and funding three levels of school improvement: (1) schoolwide programs focusing on the social, ethical, and emotional development of ALL students; (2) early interventions for SOME students who have minor behavioral problems; and (3) intensive interventions for those FEW students who experience significant emotional and behavioral disorders.

The Step by Step kit includes a CD-ROM with vital components of the program: Early Warning, Timely Response guide (in Spanish and English); Action Guide (in Spanish and English); and Promising Practices for Safe and Effective Schools video.

active shooter alicia training: Keurium J S Lee, 2018-05 Shay Stone lies in a hospital bed, catatonic-dead to the world. At the mercy of memories and visitations, she unearths secrets that may have led to her collapse. Will she remain paralyzed in denial? Or can she accept the unfathomable and break free?

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