

# Avoid / Deny / Defend

An Active Shooter Event can happen anywhere. 45% of attackers have no connection to the people they attack. The best thing you can do is to make yourself less available as a target. “Playing Dead” is not a good strategy.

**Follow these steps to help you SURVIVE:**

## 1. Avoid:

### ○ Situational Awareness:

- Be Aware of your surroundings (**know your exits**)
- If something **looks** wrong or **feels** wrong – **leave!**

### ○ Do not hesitate. **Leave ASAP!**

### ○ Go to the **closest, safe** exit

### ○ **Don't limit yourself to doors.**

Think about windows & even breaking through drywall.



## 2. Deny Access:

### ○ Keep the Attacker **away** from you. **Lock** doors, **Lights** off, **Out of Sight**

### ○ **Barricade** if the door opens toward you. Barricading could stop the Attacker or slow them down. **Heavier = Better** **More = Better**

### ○ **If door opens away from you,**

- Using desks and chairs is still a valid alternative. Even if the shooter opens the door, he will still have to **remove the obstacles** to enter. This will provide you with a little bit of time and can create a **vulnerable** moment for the shooter to be open to attack.
- Use things readily available to you like **straps** or **belts**, as shown below.

Straps/Belts could allow you to lock the door at the top if it has this type of hinge.



Straps/Belts could be put on the handle, then stand along the wall using your weight to keep it closed.



## 3. Defend Yourself:

### ○ You Have the Legal **Right** to Defend Yourself

### ○ **Do NOT Fight Fair:** Attack weak spots such as eyes, throat, and groin.

### ○ **Be Aggressive:** fight to the best of your ability and **do not quit** until the Attacker is stopped.

#### ○ This is about mindset. **Being shot does not mean you are dead.**

You can and **MUST** keep fighting.

#### ○ You are NOT helpless. **What You Do Matters!**

**Script and Practice:** One of the cool things about your brain is that you can program it beforehand, when you are not under stress. Then, your brain does a better job when you are under stress.

**Scripting** means thinking through if/then scenarios in your head so that you have a better plan ready. **Practicing reinforces this plan.**

**For a 12 minute video** on this topic, go to...<https://www.youtube.com/watch?v=j0It68YxLQQ>