

DISASTER EDUCATION: & COPING RESOURCES SCHOOL SAFETY

GAIN

KNOWLEDGE

BE PREPARED

AFTERMATH/
COPING



ELEMENTARY LEVEL

GAIN KNOWLEDGE: HOW TO IDENTIFY AND PREVENT SCHOOL VIOLENCE



DISASTER EDUCATION: SCHOOL SAFETY

→ GAIN KNOWLEDGE

WHAT ARE UNSAFE SITUATIONS AT SCHOOL?

PHYSICAL ATTACKS AND FIGHTS
USES THEIR BODY OR AN OBJECT TO HURT ANOTHER PERSON, SUCH AS HITTING, PUSHING, OR FIGHTING.

BULLYING & CYBERBULLYING
REPEATEDLY BEING MEAN TO ANOTHER PERSON ON PURPOSE, LIKE EXCLUDING THEM, SPREADING RUMORS, OR TEASING THEM OVER AND OVER.

BRINGING SOMETHING DANGEROUS TO SCHOOL
HAVING SOMETHING THAT COULD HURT SOMEONE, SUCH AS A WEAPON, EVEN IF IT IS HIDDEN.

UNSAFE PERSON AT SCHOOL
IT COULD BE SOMEONE WHO SHOULD NOT BE ON CAMPUS OR SOMEONE WHO IS ACTING IN A WAY THAT COULD HURT OR SCARE THEM.

THREATS AND INTIMIDATION
MEAN OR THREATENING WORDS THAT CAN HURT OTHERS' FEELINGS OR MAKE THEM FEEL UNSAFE.

PROPERTY DAMAGE
DAMAGING OR BREAKING THINGS AT SCHOOL, WHICH CAN MAKE OTHERS FEEL UNSAFE.

DISASTER EDUCATION: SCHOOL SAFETY

→ GAIN KNOWLEDGE

PREVENTION: CONFLICT RESOLUTION

CONFLICTS HAPPEN. WHAT MATTERS IS HOW WE HANDLE THEM. USE THESE STEPS TO SOLVE PROBLEMS, RESPECT EACH OTHER, AND FIND SOLUTIONS TOGETHER.

- 1. STAY CALM**
TAKE A DEEP BREATH. STAY CALM AND COOL DOWN BEFORE TALKING.
- 2. SHARE HOW YOU FEEL**
USE "I" STATEMENTS TO SHARE YOUR FEELINGS. EXAMPLE: "I FEEL... WHEN YOU..."
- 3. LISTEN CAREFULLY**
LET THE OTHER PERSON FINISH. REPEAT BACK WHAT YOU HEARD TO SHOW YOU UNDERSTAND.
- 4. BRAINSTORM SOLUTIONS**
THINK OF OPTIONS TOGETHER. BE CREATIVE AND RESPECTFUL OF EACH IDEA.
- 5. CHOOSE A SOLUTION**
PICK THE BEST SOLUTION TOGETHER. MAKE SURE IT'S FAIR AND FEELS RIGHT FOR BOTH.
- 6. FOLLOW THROUGH**

DISASTER EDUCATION: SCHOOL SAFETY

→ GAIN KNOWLEDGE

UNSAFE SITUATIONS AT SCHOOL: ACTIVITY

- TALKING ABOUT HURTING OTHERS OR MAKING THREATS (IN PERSON OR ONLINE)
- SUDDEN CHANGES IN MOOD, BEHAVIOR, FRIENDS, OR INTERESTS
- EXPRESSING ANGER, HATRED, OR TALKING ABOUT GETTING REVENGE
- BEING BULLIED, THREATENED, OR FEELING UNSAFE AT SCHOOL
- BRINGING WEAPONS OR TALKING ABOUT HAVING ACCESS TO WEAPONS
- SHOWING EXTREME STRESS, ANXIETY, OR FEELING HOPELESS
- DAMAGING SCHOOL PROPERTY OR VANDALISM
- ISOLATING FROM OTHERS OR WITHDRAWING FROM ACTIVITIES

EIGHT

ACTIVITIES

DISASTER EDUCATION: SCHOOL SAFETY

→ AFTERMATH / COPING

AFTER THE UNSAFE EVENT: BUILDING HOPE

ONE THING I'M LOOKING FORWARD TO IS...
Type here.

I WAS BRAVE WHEN I...
Type here.

A HELPER I CAN COUNT ON IS...
Type here.

YOU ARE NOT ALONE

POWERPOINT &
DIGITAL VERSION

DISASTER EDUCATION: SCHOOL SAFETY

STRESS ASSESSMENT

	NONE OF THE TIME	SOME OF THE TIME	MOST OF THE TIME
1. DO YOU GET SCARED, AFRAID OR UPSET WHEN YOU THINK ABOUT THE UNSAFE SCHOOL EVENT?			
2. DO YOU GO OVER IN YOUR MIND WHAT HAPPENED, SEEING PICTURES OR SOUNDS IN YOUR MIND ABOUT WHAT HAPPENED?			
3. DO THOUGHTS ABOUT IT COME BACK TO YOU EVEN WHEN YOU DON'T WANT THEM TO?			
4. DO YOU HAVE DREAMS ABOUT THE UNSAFE SCHOOL EVENT OR HAVE TROUBLE SLEEPING?			

STRESS ASSESSMENT

BE PREPARED: PREVENTION & LOCKDOWN DRILL SAFETY



DISASTER EDUCATION: SCHOOL SAFETY

BE PREPARED

WHAT TO DO (SAFETY ACTIONS)

BEFORE AN UNSAFE EVENT

- BE KIND, BE RESPECTFUL, BE SAFE
- KNOW AND FOLLOW SCHOOL RULES
- KNOW THE WARNING SIGNS
- ALERT STAFF OF THREATS/WARNING SIGNS
- PRACTICE SCHOOL LOCKDOWN DRILL

DURING AN UNSAFE EVENT

- STAY CALM, DON'T GO TOWARD THE PROBLEM
- GET TO A SAFE PLACE RIGHT AWAY
- LOCK OR BLOCK THE DOOR, TURN OFF LIGHTS
- STAY OUT OF SIGHT

AFTER AN UNSAFE EVENT

- TALK TO A TRUSTED ADULT
- TAKE CARE OF YOURSELF AND USE COPING SKILLS
- SUPPORT YOUR FRIENDS
- HELP IMPROVE SCHOOL SO EVERYONE FEELS SAFE

PERFECT LESSON FOR BEFORE AN UPCOMING DRILL

LOCKDOWN SAFETY

WE LOOK OUT FOR EACH OTHER

LOCK

LIGHTS

OUT OF SIGHT

COPING TIPS FOR PARENTS

EXPERIENCING AN UNSAFE SITUATION AT SCHOOL CAN BE FRIGHTENING FOR CHILDREN AND FAMILIES. HERE ARE SOME SIMPLE WAYS TO SUPPORT YOUR CHILD AS THEY COPE WITH THE AFTERMATH.

→ SUPPORTING YOUR CHILD EMOTIONALLY

- LISTEN AND REASSURE - ALLOW YOUR CHILD TO SHAPE FEELINGS AND REMIND THEM THEY ARE SAFE.
- MAINTAIN ROUTINES - KEEP MEAL, BEDTIME, AND SCHOOL SCHEDULES CONSISTENT.
- ENCOURAGE EXPRESSION - LET CHILDREN DRAWM, PLAY, OR TELL STORIES TO PROCESS FEELINGS.

→ COPING STRATEGIES TO PRACTICE TOGETHER

- DEEP BREATHING - TRY SMELL THE FLOWER, BLOW OUT THE CANDLE TOGETHER.
- GROUNDING - NOISE: 5 THINGS TO SEE, 4 TO TOUCH, 3 TO HEAR, 2 TO SMELL, 1 TO TASTE.
- POSITIVE AFFIRMATIONS - REPEAT CALMING WORDS LIKE "I AM SAFE" AND "I AM STRONG."

→ WHEN TO SEEK EXTRA SUPPORT

- FREQUENT NIGHTMARES OR TROUBLE SLEEPING.
- ONGOING FEAR, CLINGINESS, OR WITHDRAWAL.
- FREQUENT HEADACHES, STOMACHACHES, OR APPETITE CHANGES.

DISASTER EDUCATION: SCHOOL SAFETY

BE PREPARED

WHAT TO DO (SAFETY ACTIONS): ACTIVITY

READ THE SCENARIOS, WRITE UNDER THE IMAGE IF THE SCHOOL SAFETY FACT IS TRUE OR FALSE.

- True**: BE KIND, BE RESPECTFUL, BE SAFE.
- False**: THERE IS NO NEED FOR A STUDENT TO KNOW WARNING SIGNS OF AN UNSAFE SCHOOL EVENT. TRUE OR FALSE?
- False**: THERE IS NO NEED TO PRACTICE A LOCKDOWN DRILL. TRUE OR FALSE?
- False**: DURING AN UNSAFE SCHOOL EVENT, YOU SHOULD PANIC. TRUE OR FALSE?

DISASTER EDUCATION: SCHOOL SAFETY

BE PREPARED

PREPARATION: LOCKDOWN DRILL ACTIVITY

WHAT SHOULD YOU DO IN A LOCKDOWN DRILL? CIRCLE THE CORRECT ANSWERS AND CROSS OUT THE WRONG ONES.

- LOCK THE DOOR
- FREEZE UP AND DOING NOTHING
- TURN THE LIGHTS OFF
- STAY QUIET
- NOT LISTENING TO YOUR TEACHER'S INSTRUCTIONS
- GOOF OFF WITH YOUR FRIENDS WHILE YOU WAIT
- RUN OUT OF THE ROOM
- WAIT FOR DIRECTIONS

INCLUDES COPING TIPS FOR PARENTS

AFTERMATH/COPING: PROCESSING, FEELINGS/COPING SKILLS, LOOK FOR THE HELPERS



UNSAFE FEELINGS

DURING AN UNSAFE SITUATION AT SCHOOL, OUR FEELINGS CAN FEEL BIG AND ALL OVER THE PLACE. THEY MIGHT START OUT STRONG—SCARY, CONFUSING, OR OVERWHELMING. BUT WHEN WE USE CALMING STRATEGIES, THOSE FEELINGS CAN SLOWLY SETTLE DOWN AND BECOME SMALLER AND EASIER TO HANDLE.

Sadness

Anger

Fear

Worry

COPING SKILLS

<p>DEEP BREATHING</p>	<p>USE SAFE TALK "I'm safe with my teacher"</p>	<p>HOLD A COMFORT ITEM</p>
<p>USE GROUNDING</p>	<p>MOVE YOUR BODY</p>	<p>TALK TO A HELPER</p>

BREATHING EXERCISES

Safe Shield Breathing
 BREATHE IN SLOWLY → IMAGINE A SHIELD FORMING AROUND YOU. HOLD → YOUR SHIELD GROWS STRONGER.
 BREATHE OUT SLOWLY → RELEASE FEAR AND TENSION. SAY "MY BODY IS CALM. I AM SAFE RIGHT NOW!"

Wave of Calm Breathing
 BREATHE IN → IMAGINE A WAVE RISING. HOLD → THE WAVE PAUSES AT THE TOP.
 BREATHE OUT → THE WAVE GENTLY FALLS. SAY "BIG FEELINGS COME AND GO. I CAN RIDE THEM OUT!"

Support Circle Breathing
 BREATHE IN → THINK OF SOMEONE WHO HELPS YOU (TEACHER, PARENT, COUNSELOR).
 HOLD → FEEL THEIR SUPPORT AROUND YOU.
 BREATHE OUT → IMAGINE SHARING CALM WITH OTHERS. SAY "I HAVE PEOPLE WHO CARE ABOUT ME!"

Steady Steps Breathing
 BREATHE IN FOR 4... HOLD FOR 4... BREATHE OUT FOR 4... HOLD FOR 4...

RIDE THE SAFE School Spiral

Follow the spiral with your finger. Breathe in slowly as you trace the spiral inward. Breathe out slowly as you trace the spiral outward.

SAFE KIND RESPECTFUL TOGETHER

WE LOOK OUT FOR EACH OTHER

START

MY SCHOOL. MY COMMUNITY. MY SAFE PLACE.

GRATITUDE

I am grateful for...

My school because...

The people who help me because...

Things I learn because...

Things that make me feel safe because...

My friends because...

My future because...

I AM SAFE. I AM THANKFUL. I BELONG.

THANK YOU, HELPERS!

Thank you for _____

You help our school by _____

You are important because _____

Draw a picture of the people who help keep our school safe.