

# 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 OTHERS.

**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.

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#### 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**  
STICK TO YOUR AGREEMENT.

### DISASTER EDUCATION: SCHOOL SAFETY

→ GAIN KNOWLEDGE

#### RECOGNIZING WARNING SIGNS

- 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.

### 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?			

POWERPOINT & DIGITAL VERSION

STRESS ASSESSMENT

# BE PREPARED: PREVENTION & LOCKDOWN DRILL



## DISASTER EDUCATION: SCHOOL SAFETY

BE PREPARED

### WHAT TO DO (SAFETY ACTIONS)

**BEFORE AN UNSAFE EVENT**

- 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 OUT 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

## KEEPING OUR SCHOOL SAFE

We all play a part in keeping our school safe and caring.

- BUILD STRONG RELATIONSHIPS**
  - Be kind and include others.
  - Listen and show you care.
  - Talk to adults you trust.
- MANAGE BIG FEELINGS**
  - Take deep breaths.
  - Calm down when you feel upset.
  - Ask for help if you need it.
- SOLVE PROBLEMS THE RIGHT WAY**
  - Use "Stop - Think - Choose."
  - Think about solutions.
  - Choose safe and respectful actions.
- BE KIND AND INCLUDE OTHERS**
  - Treat everyone with respect.
  - Don't bully or tease.
  - Stand up for others who are treated unfairly.
- REPORT CONCERNS**
  - If you see something unsafe, tell a trusted adult.
  - Telling is the right thing to do.
  - It helps keep everyone safe.
- KNOW THE WARNING SIGNS**
  - Ongoing anger or threats
  - Talking about hurting others
  - Sudden changes in behavior
  - Tell a trusted adult right away.

## LOCKDOWN SAFETY

**LOCK**

**LIGHTS**

**OUT OF SIGHT**

WE LOOK OUT FOR EACH OTHER

## DISASTER EDUCATION: SCHOOL SAFETY

BE PREPARED

### PREPARATION: ACTIVITY

READ THE SCENARIOS AND CIRCLE IF THE SCHOOL SAFETY FACT IS TRUE OR FALSE

BEFORE AN UNSAFE SCHOOL EVENT, YOU SHOULD ALREADY KNOW A SAFE PLACE TO GO. TRUE OR FALSE?

THERE IS NO NEED FOR A STUDENT TO KNOW WARNING SIGNS OF AN UNSAFE SCHOOL EVENT. TRUE OR FALSE?

A STUDENT SHOULD ALERT SCHOOL STAFF OF POSSIBLE WARNING SIGNS OF UNSAFE SCHOOL EVENTS. TRUE OR FALSE?

THERE IS NO NEED TO PRACTICE A LOCKDOWN DRILL. TRUE OR FALSE?

DURING AN UNSAFE SCHOOL EVENT, YOU SHOULD PANIC. TRUE OR FALSE?

DURING AN UNSAFE SCHOOL EVENT, YOU GET TO A SAFE PLACE RIGHT AWAY. TRUE OR FALSE?

DURING AN UNSAFE SCHOOL EVENT, YOU SHOULD UNLOCK ALL THE DOORS. TRUE OR FALSE?

## LOCKDOWN IN CLASS

PUT STUDENTS INTO SMALL GROUPS (3-5) AND GIVE EACH GROUP A ROLE-PLAY ANNOUNCEMENT IS MADE: "WE ARE GOING INTO A LOCKDOWN".

**ROLES:** TEACHER, STUDENTS (DIFFERENT BEHAVIORS: CALM, NERVOUS, DISTRACTED)

**ACTIONS:** LOCK THE DOOR, TURN OFF LIGHTS, MOVE OUT OF SIGHT AND STAY QUIET, PRACTICE HELPING PEERS STAY CALM.

## LOCKDOWN IN THE HALLWAY

THE HALLWAY BETWEEN CLASSES WHEN AN ANNOUNCEMENT WE ARE GOING INTO A LOCKDOWN

STUDENTS

GO INTO THE NEAREST SAFE PLACE

GO INTO A STALL OR AREA OUT OF SIGHT

TURN OFF PHONES, LOCK OR BLOCK THE DOOR

REMEMBER OTHERS WHAT TO DO

UNTIL AN "ALL CLEAR" IS GIVEN

## TALK TO A TRUSTED ADULT

IF A STUDENT FEELS WORRIED OR ASK FOR HELP

TEACHER, FRIEND OR TRUSTED ADULT LISTENS TO THE STUDENT'S CONCERNS, SUPPORTS THEM, IDENTIFIES COPING STRATEGIES, AND REASSURES THEM.

## 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 SHARE FEELINGS AND REMIND THEM THEY ARE SAFE.
- MAINTAIN ROUTINES - KEEP MEAL, BEDTIME, AND SCHOOL SCHEDULES CONSISTENT.
- ENCOURAGE EXPRESSION - LET CHILDREN DRAW, PLAY, OR TELL STORIES TO PROCESS FEELINGS.

**COPING STRATEGIES TO PRACTICE TOGETHER**

- DEEP BREATHING - TRY SMELL THE FLOWER BLOW OUT THE CANDLE TOGETHER.
- GROUNDING - NOTICE 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.

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.

**Anxious**

**Panic**

**Anger**

**Fear**

**Confused**

**Restless**

**Sadness**

**Worry**

## FEELINGS COPING SKILLS

 DEEP BREATHING	 USE SAFE TALK	 USE GROUNDING	 EXERCISING	 TALK TO A HELPER
 PRACTICE GRATITUDE	 DRAW / PAINT	 WRITE IN A JOURNAL	 USE VISUALIZATION	 LISTEN TO MUSIC
 STICK TO A ROUTINE	 READ A BOOK	 MAKE A PLAN	 BE IN NATURE	 CALL A FRIEND
 I AM GREAT!	 I AM GREAT!	 I AM GREAT!	 I AM GREAT!	 I AM GREAT!

## GROUNDING TECHNIQUE

Calming down after an unsafe event at school

**5 things you see**  
Look around. Notice 5 things you can see.

**4 things you feel**  
Notice 4 things you can feel: your feet, the chair, your hands, or your clothes.

**3 things you hear**  
Listen carefully. Notice 3 things you can hear.

**2 things you smell**  
Notice 2 things you can smell or just take a slow breath.

**1 slow breath**  
Breathe in slowly through your nose. Breathe out slowly through your mouth. Do this 3 times.

## 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.**

## School Safety Yoga Poses

Stay calm. Stay safe. You've got this!

 <b>Mountain Pose</b> Stand tall with feet flat on the ground. Arms by your sides or reaching up. Take slow, deep breaths. You are strong and steady.	 <b>Tree Pose</b> Stand on one foot. Place the other foot on your ankle or leg. Hands together or raised overhead. Focus and stay balanced.	 <b>Child's Pose</b> Kneel and sit back on your heels. Bend forward, forehead down. Arms tucked in or stretched forward. It's okay to take a break.
 <b>Cat-Cow Stretch</b> On hands and knees. Arch your back up (Cat), then drop your belly and look up (Cow). Move slowly with your breath.	 <b>Bridge Pose</b> Lie on your back, knees bent, feet flat. Lift your hips toward the sky. Hold, then slowly lower. You can build yourself up.	 <b>Relax &amp; Rest</b> Lie flat on your back. Arms and legs close your eyes. Breathe slowly. "I am calm. I am ready."

## THANK YOU, HELPERS!