

# ACTIVE SHOOTER TRAINING SUMMARY

## Homework

- 1) What will you do if someone is acting in a threatening manner?
- 2) What will you do in various situations when things break bad?
- 3) Are you prepared to fight and what will you fight with?
- 4) How will you reach out for assistance and what will you tell them?

## Possible Leakage or Red Flags

- 1) Development of a personal grievance.
- 2) Contextually inappropriate & recent acquisition of guns, body armor, etc.
- 3) Contextually inappropriate & recent escalation in weapons training.
- 4) Recent interest in explosives & IED's
- 5) Intense interest or fascination with previous active shootings & attacks.
- 6) Significant real or perceived loss (watch out for the "Double Whammy").
- 7) Cleansing and purifying behaviors.
- 8) Extreme recklessness, for example taking on debt & risky sexual activity.
- 9) Legacy tokens to explain why they committed their act of violence.
- 10) Violence against caregiver or family.
- 11) Surveillance to prepare for the biggest day of their life.

## Active Listening Skills

- 1) Minimal Encouragers
- 2) Open Ended Questions
- 3) Reflecting / Mirroring
- 4) Emotion Labeling
- 5) Paraphrasing
- 6) "I" Messages
- 7) Effective Pauses
- 8) Summary

## Reacting to an Active Shooter

- 1) **Run** - Preplan an escape route & take nothing with you. Don't attempt to move the wounded. Follow law enforcement commands with your hands in the air.
- 2) **Hide** - Hide quietly out of sight and barricade the door if possible. Make a plan with those who are hiding with you. Turn off your phone ringer.
- 3) **Fight** - Act with as much physical aggression as possible with any improvised weapons you can access. Fight as a group and keep on fighting.