SURVIVAL MINDSET

PRESENTED BY:
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Survival Mindset and Courses of Action

- Overview
  - Awareness
  - Preparation
  - Rehearsal
Survival Mindset

- If you are involved in a violent event...
  - Consequences are potentially catastrophic
  - A proper mindset and tools to react are essential
  - Incidents can be over quickly or last longer
    - You are your first line of defense.
Survival Mindset

- What are the odds of being involved in a violent event?
  - Violence can occur anytime, anywhere, to anyone
    - It is unlike any situation ever experienced
  - Bottom Line: You need to take direct responsibility for your personal safety and security
  - Survival Mindset is a protective shield
    - Comprised of three components: Awareness, Preparation, and Rehearsal
Survival Mindset

• Survival Mindset Components

  • Awareness

    □ Gain a basic understanding of situation

    □ Become attuned to your environment

    □ Predetermined mindset will help you take rapid, effective actions
Survival Mindset

- Survival Mindset Components
  - Preparation
    - Looking at your environment through the lens of survival
    - "What if" questions are critical in developing effective response strategies
    - Survivors prepare themselves both mentally and emotionally to do whatever it takes to survive
Survival Mindset

- Survival Mindset Components
  - Rehearsal
    - Mentally or physically practicing your plan
    - Will reduce response time and build confidence
      - A survival inoculation
Survival Mindset

- Life-Threatening Risk
  - Any action taken, or not taken, during a violent incident may involve life-threatening risk

- Survival Mindset
  - Will provide a strong foundation upon which to base decisions and actions
VIDEO

- Jogger Details How She Escaped Abduction
FIGURE OUT
Courses of Action

- Figure Out
  - How are you going to survive?
  - Will you get out?
    - Is there a path of escape?
  - Will you hide out?
    - Is there a chance to get to where the suspect may not find you?
  - Is your only option to take out the suspect?
Courses of Action

- Trained versus Untrained
  - First response is the same for both groups
  - Reactions begin to differ markedly from there on out

<table>
<thead>
<tr>
<th>Trained</th>
<th>Untrained</th>
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<tbody>
<tr>
<td>Startle and Fear</td>
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<tr>
<td>Feel Anxious</td>
<td>Panic</td>
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<td>Recall what they have learned</td>
<td>Fall into disbelief</td>
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<td>Prepare to act as rehearsed</td>
<td>Lost in denial</td>
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<tr>
<td>Commit to action</td>
<td>Descend into helplessness</td>
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Courses of Action

• **Survival Mindset**
  - Enables you to act quickly and effectively
  - Mindful, not fearful
    ▪ Airline safety briefing
    ▪ Better able to make that first, critical decision

• **Continuous assessment process**
  - Allows you to take appropriate survival action
  - Use all senses
  - Trust your intuition—that “gut” feeling
    ▪ Knowing without knowing why
GET OUT
CALL OUT
HIDE OUT
Courses of Action

- Get Out
  - Move quickly; don’t wait for others to validate your decision
  - Leave belongings behind
  - Survival chances increase if you are not near the threat or you go where you can’t be seen
Courses of Action

- Call Out
  - Yell for help

- Call Police: 9-1-1 or 2221 on campus and give them the suspect description, location, and if any, the number and type of weapons used
Courses of Action

- **Hide Out**
  - May not be able to get out
    - The suspect may be between you and the only exit
    - You have to enter area where the suspect is positioned

- **Hiding place**
  - Well hidden and well protected
  - Avoid places that might trap you or restrict movement
Courses of Action

- **Keep Out**
  - Find a room that can be locked with objects to hide behind
  - Blockade door with heavy furniture

- **Turn out lights; become totally silent**
- **Turn off noise-producing devices (cell phones, pagers, etc)**
- **Call 9-1-1**
  (If you can do so without alerting the suspect)
Courses of Action

- **Spread Out**
  - If two or more of you, DO NOT huddle together
    - Gives you options and makes it harder for the suspect
  - Quietly develop a plan of action
  - Remain calm
    - Can have a contagious effect on others
    - Keeps others focused on survival
Courses of Action

- **Take Out**
  - Assume the suspects’ intentions are harmful/lethal
  - Develop a survival mindset that you have “what it takes” to survive when your life is on the line
Courses of Action

- **Take Out** *(Cont’d)*

  - You must be prepared to do whatever it takes to neutralize the threat
    - Throw things, yell, use improvised weapons
    - If two or more of you, make a plan to overcome the suspect
    - Do the best that you can—choose to survive
Summary

- Awareness
- Preparation
- Rehearsal

Arm Yourself with a Survival Mindset
Comments or Questions