

SURVIVAL MINDSET



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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

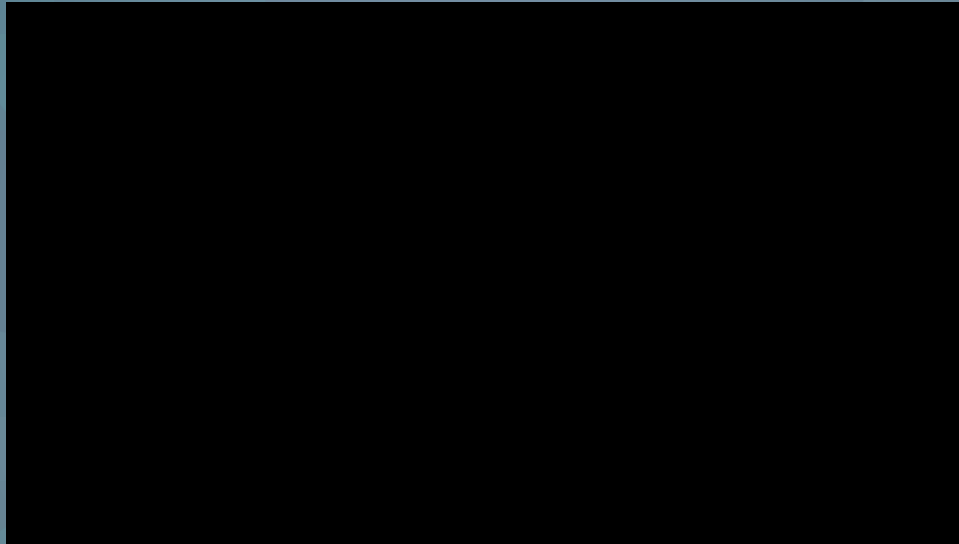
- Survival Mindset Components
 - **Rehearsal**
 - Mentally or physically practicing your plan
 - Will reduce response time and build confidence
 - A survival inoculation

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](#)



The background is a dark teal color with a pattern of overlapping, semi-transparent circles in various shades of teal. A thin, light teal horizontal line runs across the top of the image.

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

Trained	Untrained
Startle and Fear	Startle and Fear
Feel Anxious	Panic
Recall what they have learned	Fall into disbelief
Prepare to act as rehearsed	Lost in denial
Commit to action	Descend into helplessness

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

KEEP OUT
SPREAD OUT
TAKE OUT

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

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Comments or Questions