



Discussion Guide for Active Shooter Video: Active Shooter and the Survival Mindset

(Link for video: <http://www.csun.edu/police/activeshooter>)

Introduction

It is recommended that prior to showing the video, you take a few minutes to provide a bit of background. Here are some helpful points:

- The words “Active Shooter” are frightening to think about. But when we speak about campus safety and security today, the conversation has to be different from what it was just ten years ago. Although it is a relatively rare situation, due to the increased frequency of these events over the last 15 years we now must talk about these tragic and horrific situations and provide you with survival strategies.
- It is important to provide a warning to students that the video contains images of rifles and sounds of gunfire. Students who have histories of trauma or violence may have a reaction and need to leave the room during the video. Some students may also be triggered by the video and University Counseling Services should be provided as a resource.
- An active shooter is defined as:
 - A suspect or assailant whose activity is immediately causing serious injury or death and has not been contained.
 - The suspect or assailant is actively engaged in killing or attempting to kill people, usually in a confined area, and typically with the use of a firearm(s).
 - Victims are selected at random
 - The event is unpredictable and evolves very quickly

This means the shooter has only one goal in mind: killing as many people as possible as quickly as possible before the police try to stop him/her. This is not a hostage situation where the police negotiate with the hostage taker. For this reason, seconds count when taking rapid action to save your life.

- Most of these situations are fast developing and fast ending so it is important that you take direct responsibility for your own personal safety.
- It is important to have a “survival mindset” that allows you to take rapid and effective action to save your life. Memorize the key phrases you will learn in the video: *Get Out, Hide Out, Help Out, Fight!* Understand what these phrases mean by watching the video more than once. Go to www.csun.edu/police/activeshooter be connected to the Active Shooter page which has the video along with additional information on this subject.

- Awareness of what to do, preparation, and rehearsal are important so that in the unlikely event of an incident of this type your response knowledge will “kick in” and your survival response will be automatic.

After the Video

Allow the return of any students who stepped out while the video was being shown, and review with students the key phrases and discuss each one further. Remind them that these key action items can be used anywhere on campus or off.

Get Out! *Whenever you believe you have time to flee the area, do so! Don't hesitate as seconds count. If you are out in the open, take cover as soon as possible and if running, run away in a zig zag pattern like a rabbit. Most shooters are not trained marksmen and you stand a better chance of fleeing if you make it hard for them to target you.*

Hide Out! *If you do not have time to flee, find an area to hide – it will vary depending on where you are. If in a movie theatre, drop down on the floor between seats. If in an office, hide in a closet, or barricade the office or classroom door (continue discussion with ideas about how to hide depending on where you are).*

Help Out! *Some people simply cannot handle any amount of stress and may cry or make noise when you are trying to hide. Comfort them and urge them to be quiet - this not only helps them but you and others hiding! Be a calming influence and don't add “fuel to the fire” with angry words.*

Fight! – *Look around the room in which you are showing the video and ask students what objects they see that could be used to fight or attack a shooter if they entered the area. Think about everything from furniture to objects such as backpacks, purses, laptops, etc.*

Think about the key phrases above wherever you go...and run through each phrase in your mind to identify exits, places to hide, objects to throw. The more you run through this, the more confident you will be if you ever have to act on these actions to save your life.