



When violence finds you, remember to:



## HIDE

- Barricade • Lock doors • Close, cover, and lock windows
- Hideout vs. Holdout • Corners of the room/Safety Triangles
- Stay quiet • Be prepared to ESCAPE! or OVERCOME!



## ESCAPE

- Locate other exits • Look before leaving
- Move with purpose • Find a safe spot



## RUN

- Fast and in control • Zig-Zag/Danger running
- Use open spaces • Find a safe spot



## OVERCOME

- Yell and Scream • Distractions • Create distance and time
- Use with ESCAPE! or RUN! • Find a safe spot
- **Resistance • Chaos • Disruption**