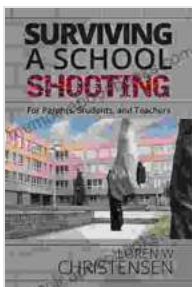


# Surviving School Shooting: A Guide for Students, Parents, and Educators

School shootings have become a tragic reality in our society. In the United States alone, there have been over 300 school shootings since 2000. These shootings have resulted in the deaths of hundreds of students and staff members, and have left countless others traumatized.

The purpose of this guide is to provide practical advice and emotional support for students, parents, and educators in the event of a school shooting. This guide will cover what to do before, during, and after a shooting, and will provide resources for getting help and support.

The best way to survive a school shooting is to be prepared. Here are some things you can do to prepare:



## Surviving A School Shooting: For Parents, Students, and Teachers by Loren W. Christensen

★★★★☆ 4.4 out of 5

Language : English  
File size : 559 KB  
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Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 154 pages  
Lending : Enabled

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- **Be aware of your surroundings.** Pay attention to the people and things around you, and be aware of any potential threats.
- **Know the evacuation plan for your school.** Make sure you know where to go and how to get there in the event of an emergency.
- **Carry a whistle or other noisemaker.** This can be used to signal for help or to distract the shooter.
- **Have a plan for what to do if you are trapped in a classroom.** This could involve barricading the door, hiding under a desk, or throwing objects at the shooter.

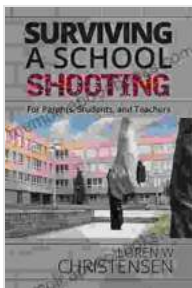
If you are in a school shooting, the most important thing to do is to stay calm and follow the instructions of law enforcement. Here are some specific things you can do to stay safe:

- **If you are in a classroom, lock the door and barricade it with furniture.**
- **If you are outside, run away from the building.**
- **Do not try to be a hero.** Your first priority is to protect yourself.
- **If you are wounded, try to stop the bleeding and seek medical attention as soon as possible.**
- **If you see someone who is injured, try to help them if it is safe to do so.**

After a school shooting, it is important to seek help and support. Here are some resources that can help:

- **The National Suicide Prevention Lifeline:** 1-800-273-8255
- **The Crisis Text Line:** Text "HOME" to 741-741
- **The National Child Traumatic Stress Network:** 1-800-980-4777
- **The American Psychological Association:** 1-800-964-2000

School shootings are a terrible tragedy, but we can all take steps to prepare for them and to help our children stay safe. By following the advice in this guide, you can increase your chances of surviving a school shooting and helping others to do the same.



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