

# Survival Tactics for Your Family

The 9 Tactics for Surviving a Lethal Shooter

These strategies can help your family stay safe in dangerous situations. Discuss each one and talk through different situations. (i.e. if you were in the hall, bathroom, classroom, movie theatre, or if we were split up, etc.)

**Important:** *Adapt these tactics to fit your specific circumstances. In a time of crisis, you can do whatever you need to in order to get home.*

## Lockdown

If the threat is outside your room, a locked door is still the safest place to be. No shooter has ever breached a locked, barricaded door. It works.

## Duck, Cover, Assess, and Move

As we just discussed, this is the new standard. React, assess the situation, and get moving.

## The Power of Your Voice

This is twofold. During an event, yelling “Shooter!” or “Gun!” warns others. But even more critically, it’s about speaking up *before* an event. 8 out of 10 shooters tell someone their plans. Teach your kids to report threats. They aren’t tattling; they are heroes.

## Running

This is for when the threat is immediate. If you see or hear the danger, run. Don’t worry about the rules. Don’t worry about where you’re going. Just get away. We will find you.

## Evacuation

This is a more planned escape. It's for when you have a moment to coordinate, like the students who jumped from a second-story window at Virginia Tech to escape.

## Hiding

If you can't get out, hiding is an option. But remember, the goal is to remain unseen *and* unheard. A ringing cell phone can be a death sentence. Silence your phones!

## Crawling

This keeps you below the line of sight and has been used successfully by survivors to escape. It's not in "Run, Hide, Fight," but it's a valid and life-saving tactic.

## Playing Dead

This is a high-risk, high-reward tactic that has worked, especially for those already injured.

## Fighting

This is NOT just a last resort. If you are cornered, you have the right to fight for your life with anything you can—a fire extinguisher, a laptop, a pair of scissors. Attack and create chaos. You are more capable than you think.

*For more helpful tips, visit [182.balancingbusypodcast.com](http://182.balancingbusypodcast.com)*