



LOCKDOWN WITH OPTIONS MIDDLE AND HIGH SCHOOL STUDENT DISCUSSION GUIDE

Jordan Public Schools has implemented our new lockdown practice and is calling this protocol **Lockdown with Options**. Those options are **Run, Hide, Fight**. Students and staff need to be empowered with options if the school faces a serious safety threat. A lockdown is initiated when there is a threat in or around a school building. A “Lockdown with Warning” would be called in a low-level situation like a police action in a neighborhood near school. “Lockdown with Options” responds to a crisis like a dangerous intruder. Because the safety of everyone in our schools is our first priority, the district is committed to learning from past crises, research and best practice recommendations.

Lockdown with Options includes the basic instincts of self-defense: **Run, Hide, Fight**. We have provided this discussion guide for parents to continue the conversation about safety and lockdown drills with their child at home.

- **Emphasize that it is important to practice being safe.** If you practice, you will know exactly what to do to stay safe in the event of a real lockdown.
- **Explain to your child that even though we hear about crises like these on the news, most schools never experience a violent intruder.** Ask them to tell you how they feel about practicing lockdown procedures. Reaffirm their feelings of fear or anxiety, if they have them, and let them know that those feelings are normal for anyone in a crisis and that they should practice taking deep breaths to stay calm in those situations so that they can think and act quickly in the event of a real lockdown.
- **Reassure your child that we have things under control.** Letting them know that they have options in an emergency gives them a sense of control.

Some key questions to ask your child:

- **What do you do if there is an intruder in your school?**
Run, Hide, Fight. Every crisis is different. **Run, Hide, Fight** are options that should be constantly re-evaluated during the event of an emergency to use the best and safest option. You may be in a situation where you must use more than one option. Run when it is safest to run. Hide when it is safest to hide. Fight if you have no other option.
- **What would it look like for you to run from an intruder?**
Leave crisis zone (area with serious, immediate threat) and run out the nearest exit: use a door or break a window to escape.
- **What would it look like for you to fight an intruder if you had no other option?**
You must make decisions you feel comfortable making. Use all actions that can disrupt an intruder and stop them from harming you: throw items in your surroundings (books, chairs, and other loose objects), distract, yell, swarm, confuse, etc. Do everything you can to fight back if you have no other option.