



MODULE 2

CIVILIAN RESPONSE COURSE

**Active Attack Events,
Stress Response,
and
A.D.D. / Run, Hide, Fight**

Active Attack Events

Definition

Active Attack Event

=

Attempted Mass Murder

The Attacker

No “Profile”

Avenger mindset

Some broadcast



Risk Factors

History of violence

Exposure to violence

Substance abuse/dependence

Mental illness

History of suicidality

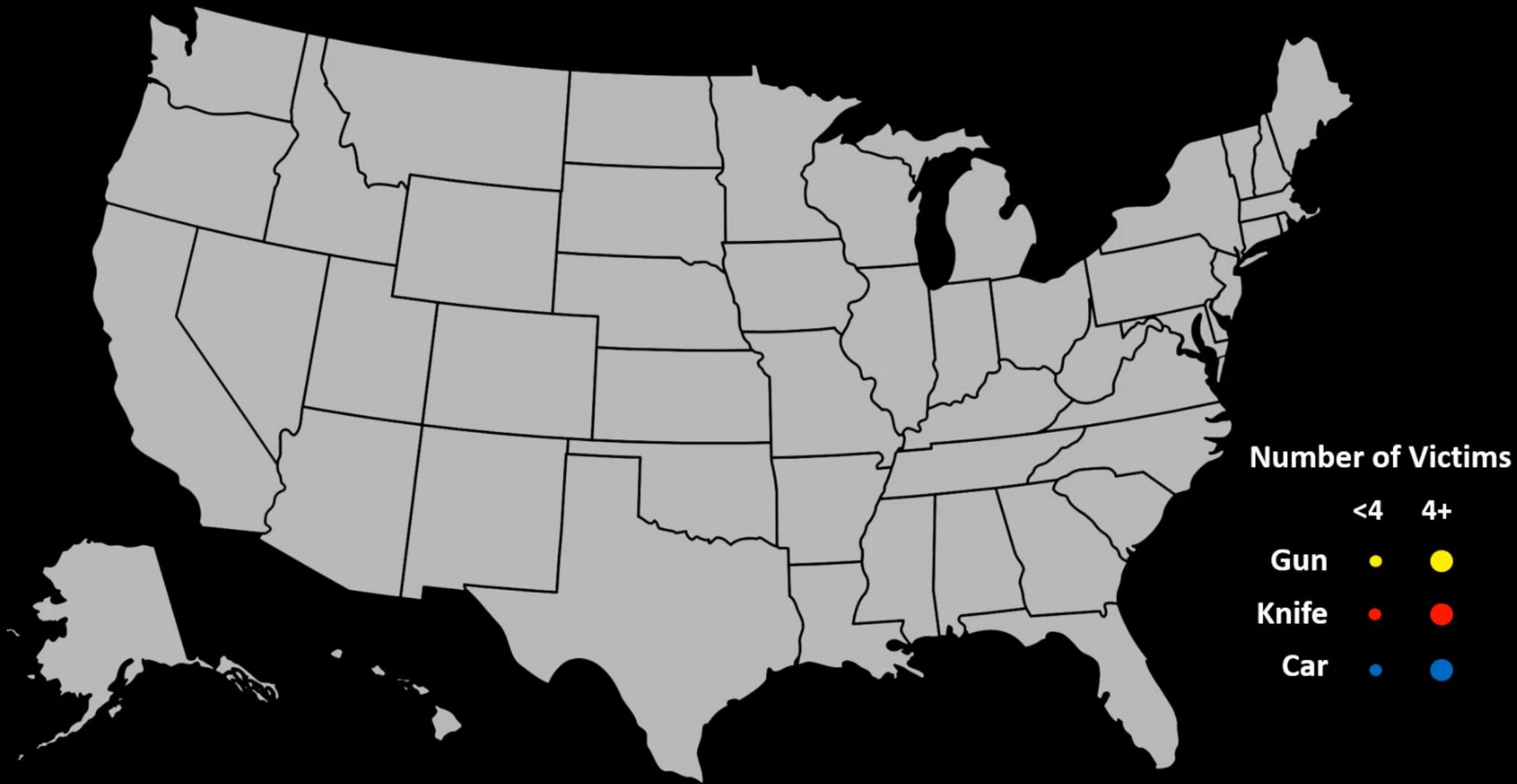
Risk Factors

Stalking, harassing or threatening behavior

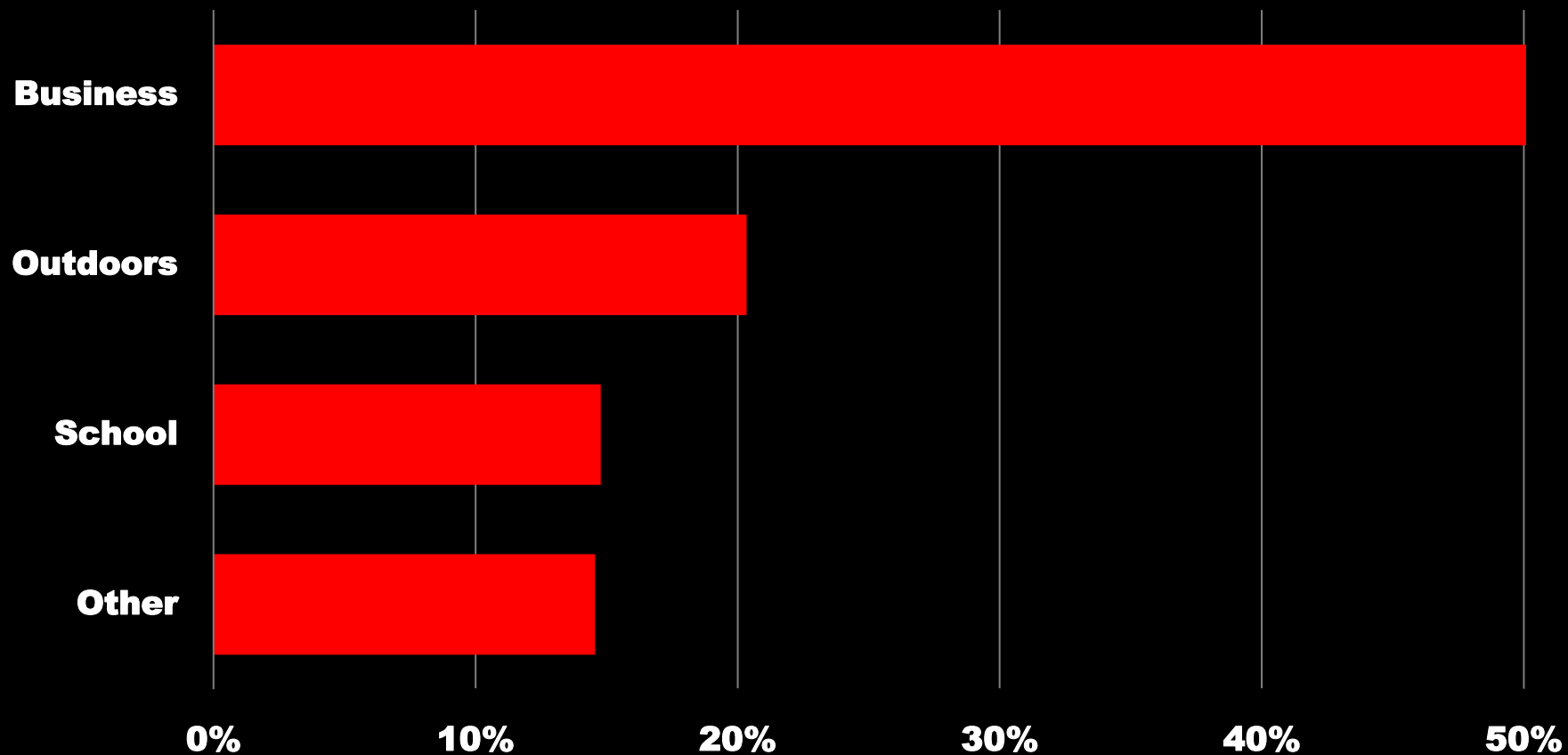
Negative family dynamics and support system

Isolation or instability

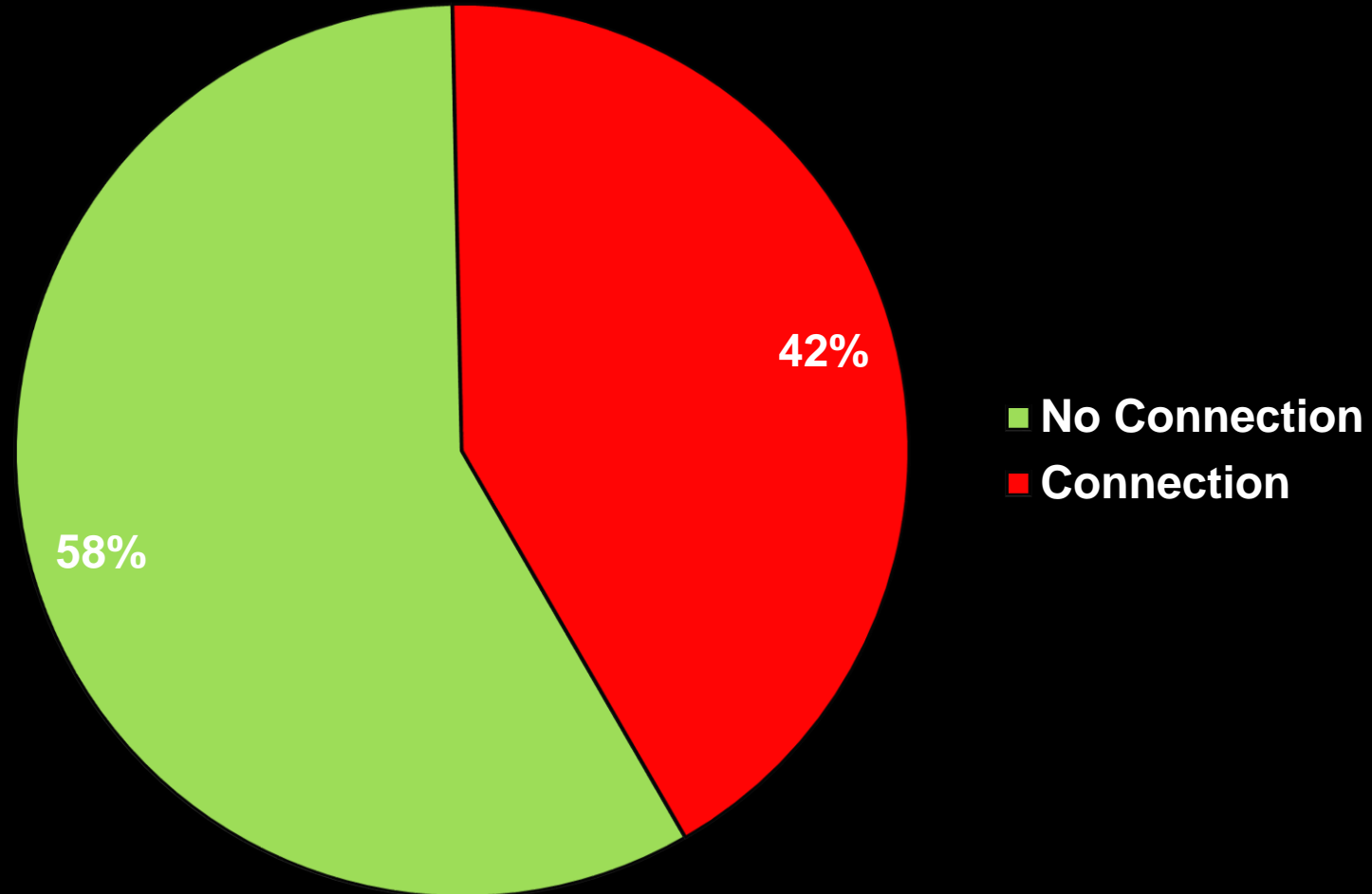
Others are concerned



Location of Attacks



Attacker Connection



**Those who cannot
remember the past are
condemned to repeat it.**

- George Santayana

U.C. SANTA BARBARA, CA (2014)



ORLANDO, FL (2016)



LAS VEGAS, NV (2017)



NEW YORK CITY, NY (2017)



SUTHERLAND SPRINGS, TX (2017)



Number of Deaths

How quickly the
police arrive

Target availability



3 Minutes



Disaster Response

The background science of how people
behave in high stress events

Three Stages of Disaster Response

Denial

Deliberation

Decisive Moment



Denial



Social Proof

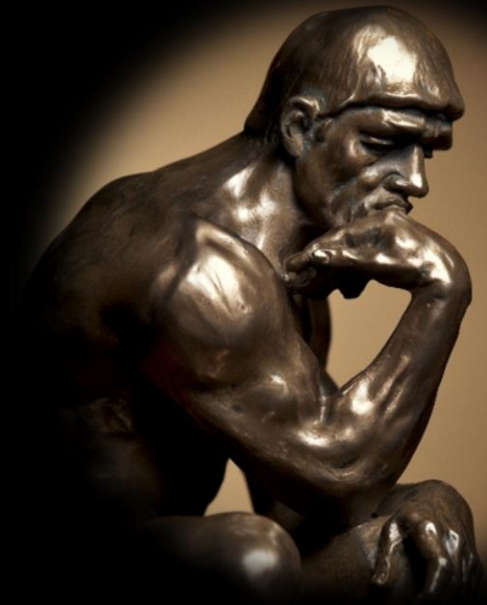


Deliberation



Deliberation

Human Brain



Lizard Brain



Deliberation

Human Brain

Fight

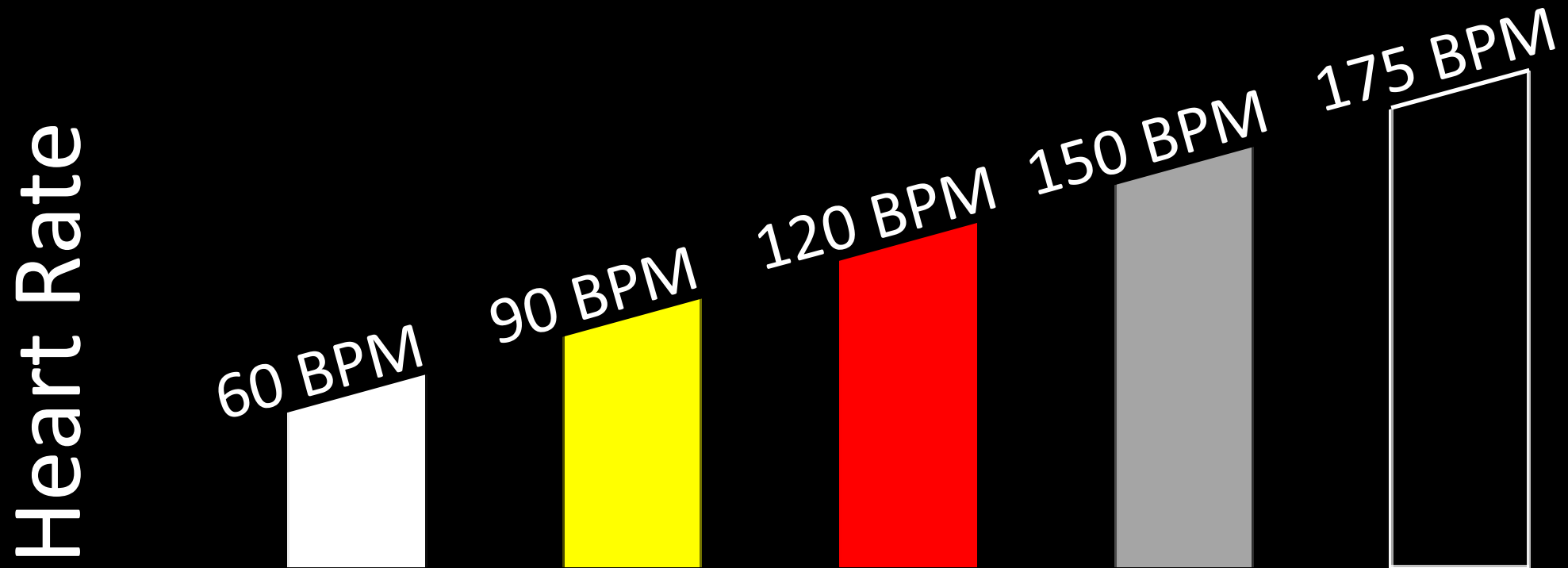
Flight

Freeze

Lizard Brain



Stress Response



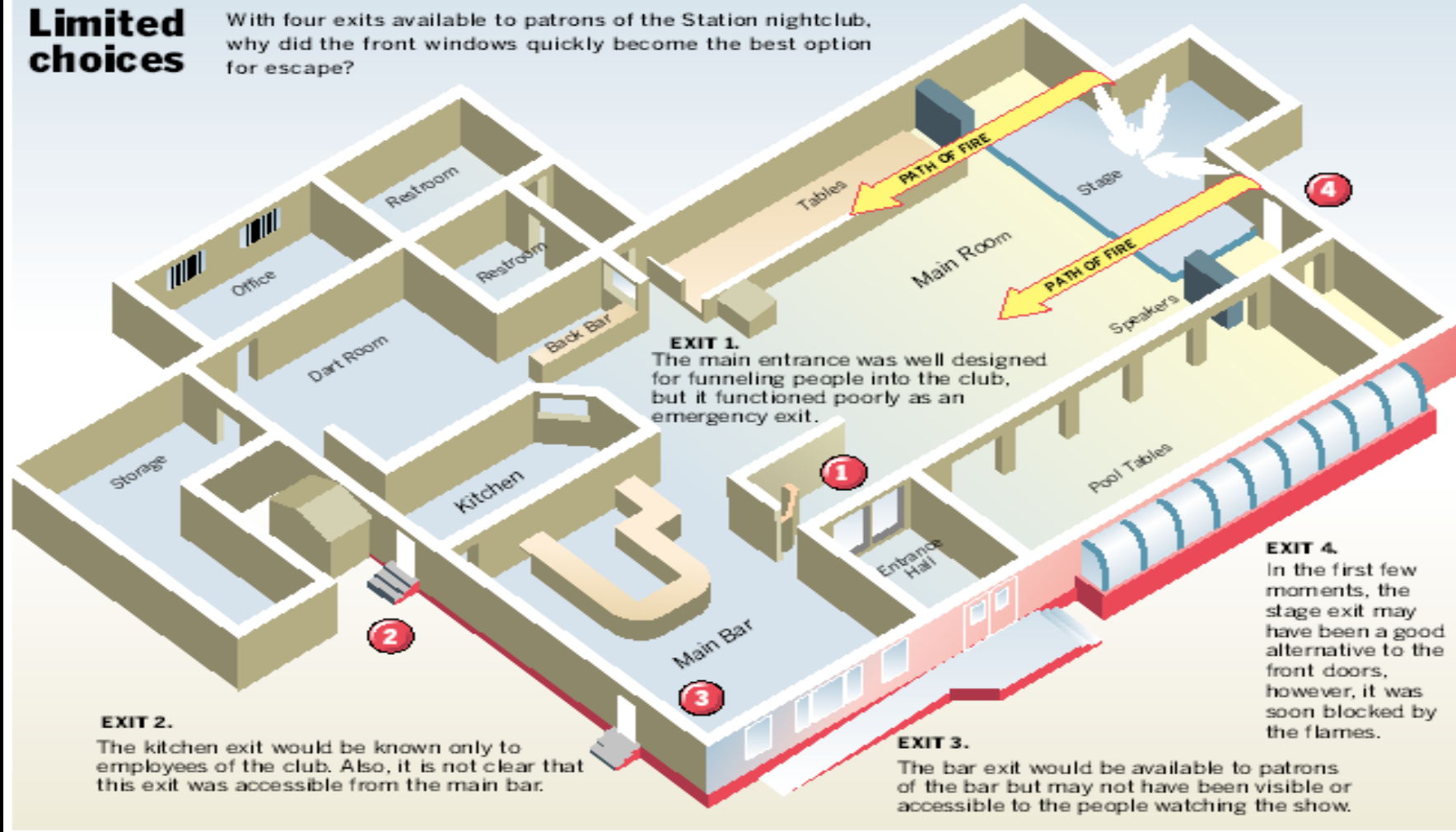
Stress Response



Deliberation

Limited choices

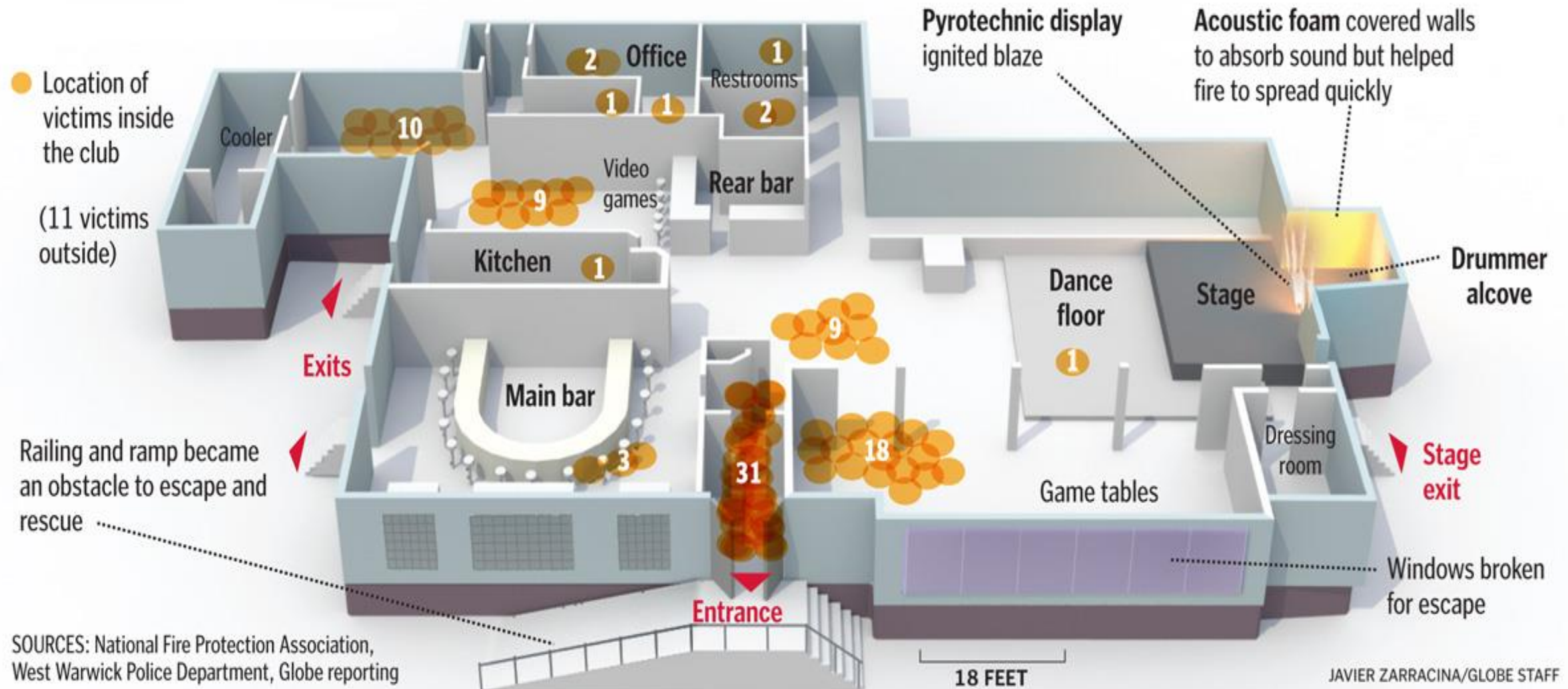
With four exits available to patrons of the Station nightclub, why did the front windows quickly become the best option for escape?



Station Night Club



Deliberation



Deliberation



Deliberation

Calm yourself

Breathe

Shift your emotion

Stay fit



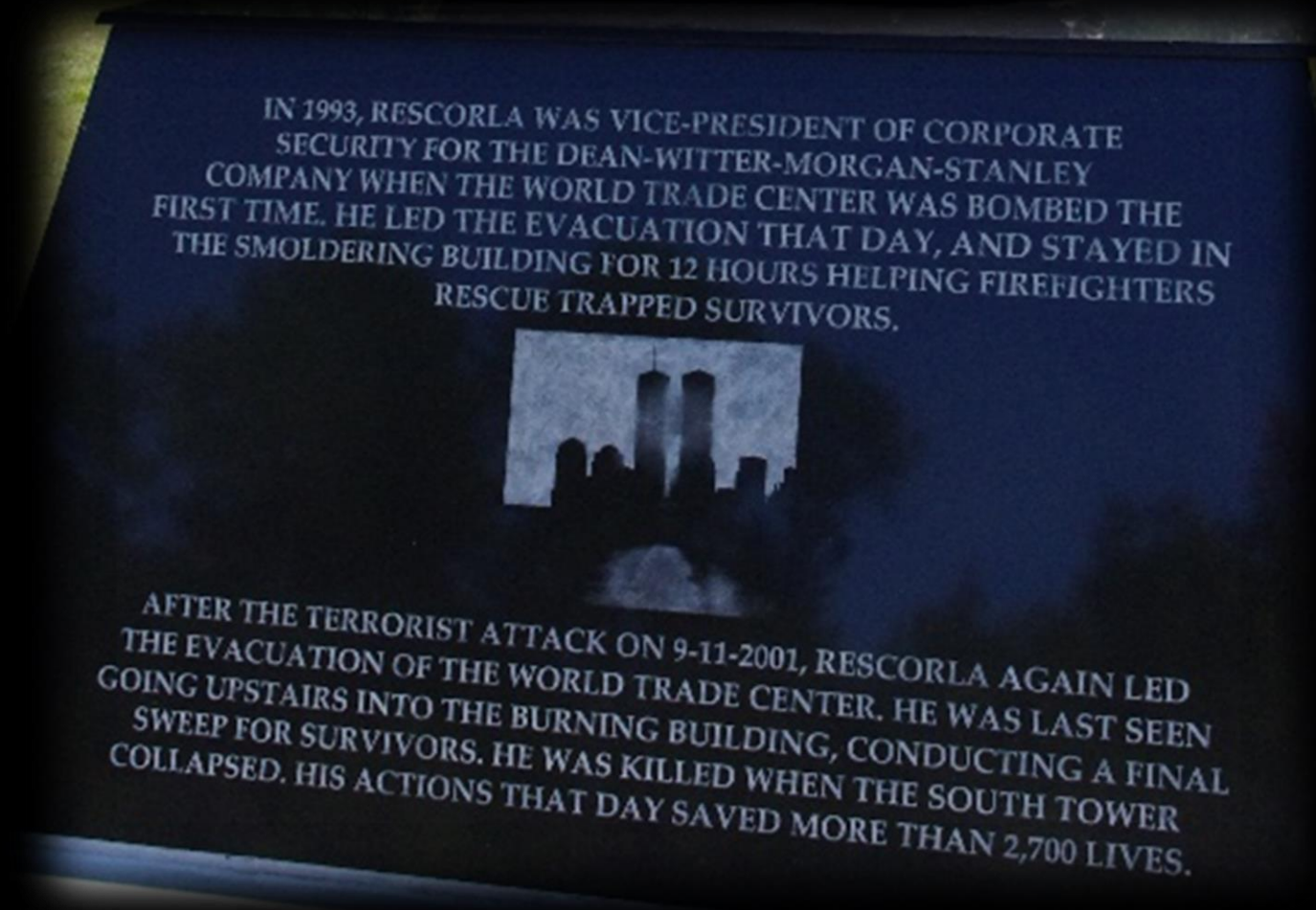
Deliberation

Script

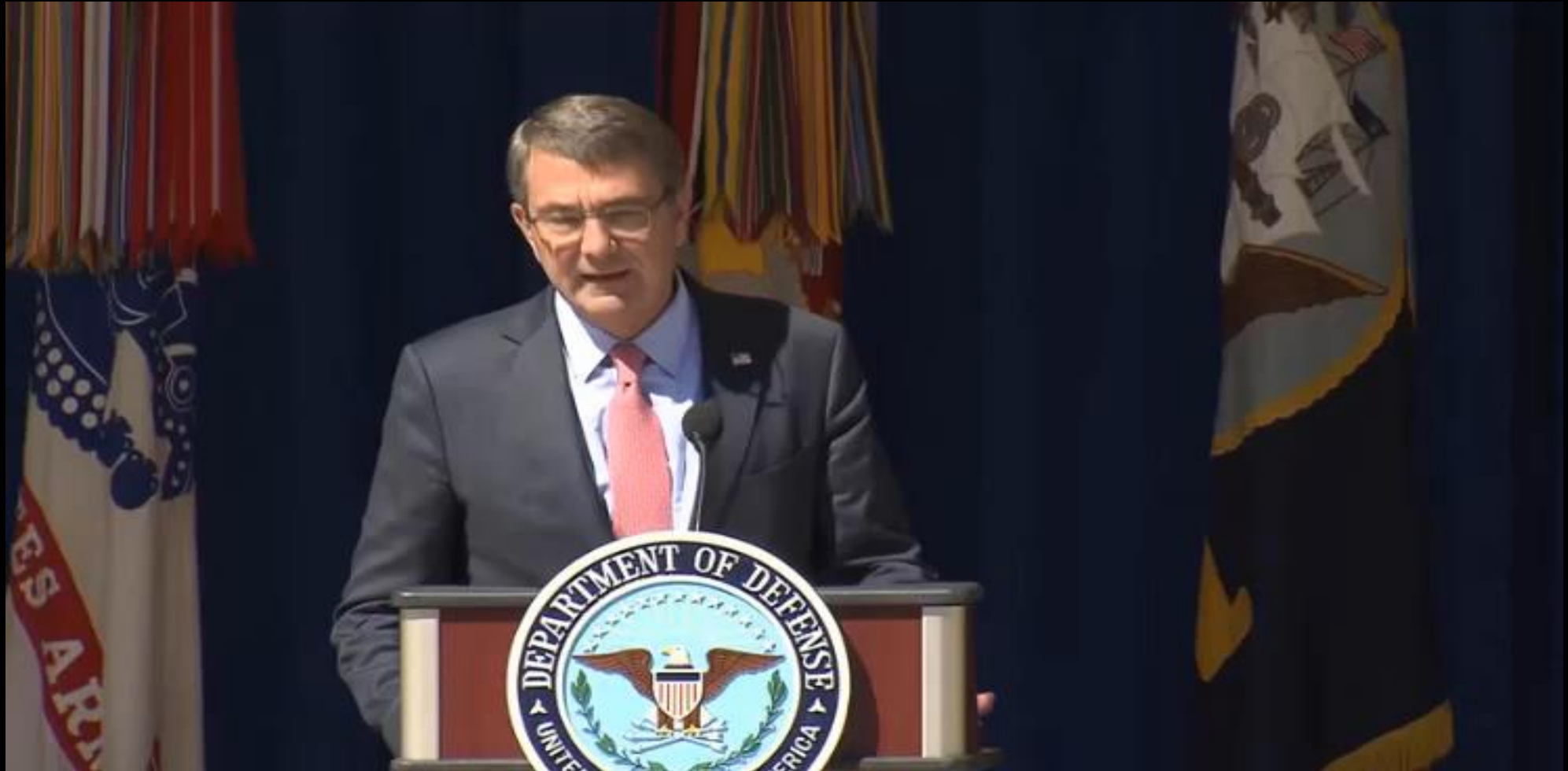
Practice



Rick Rescorla



Decisive Moment



Civilian Response

Denial

Don't deny

Hear gunshots



Go to deliberation

Playing Dead

Hide & Hope



Deliberation

Avoid = Run

Deny = Hide

Defend = Fight

Avoid / Run

Situational
Awareness



Avoid / Run

Leave ASAP

Know your exits

Call 911

outside attack begins avoid



Avoid / Run

Consider
secondary
exits

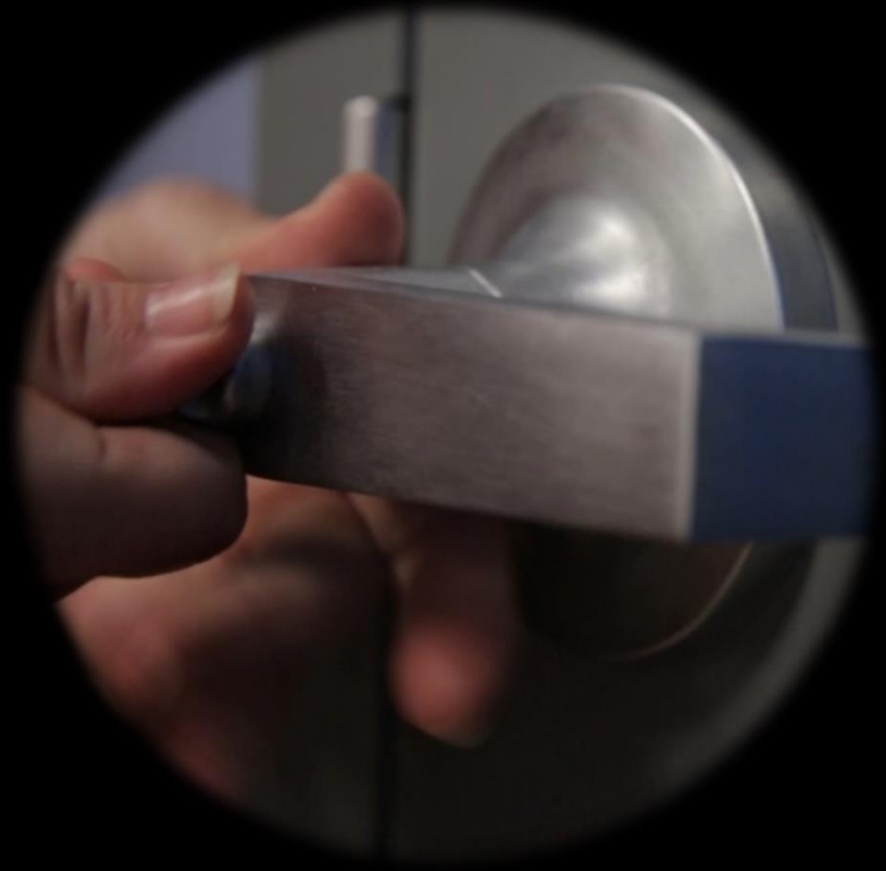


Deny / Hide

Lock the door

Lights out

Out of sight



Deny / Hide

Barricade

Heavier = Better

More = Better

Doorstop = Better?



Deny / Hide



Deny / Hide



Simple Door Stops

Deny / Hide

Outward opening

Ropes

Tension Sleeve



Deny / Hide



There are numerous commercially available door locks on the market.

Deny / Hide



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Defend / Fight

Positioning

Grab the gun

Fight

Shift emotions



Defend / Fight



Defend / Fight

I'm not going out in a parking lot. I'm not going out like this. I'm not gonna let my wife down. I'm not gonna let my daughter down, and I'm not letting my stepkids down.

— Lt Brian Murphy



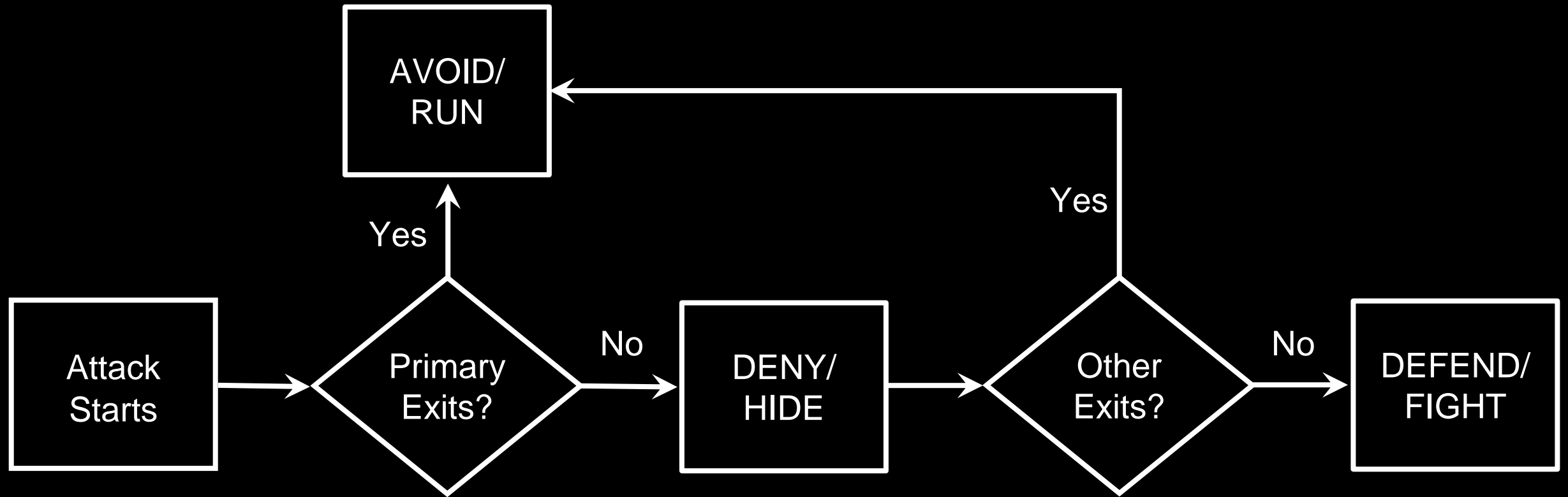
Surroundings

Avoid = Run

Deny = Hide

Defend = Fight

What you do matters



VIRGINIA TECH

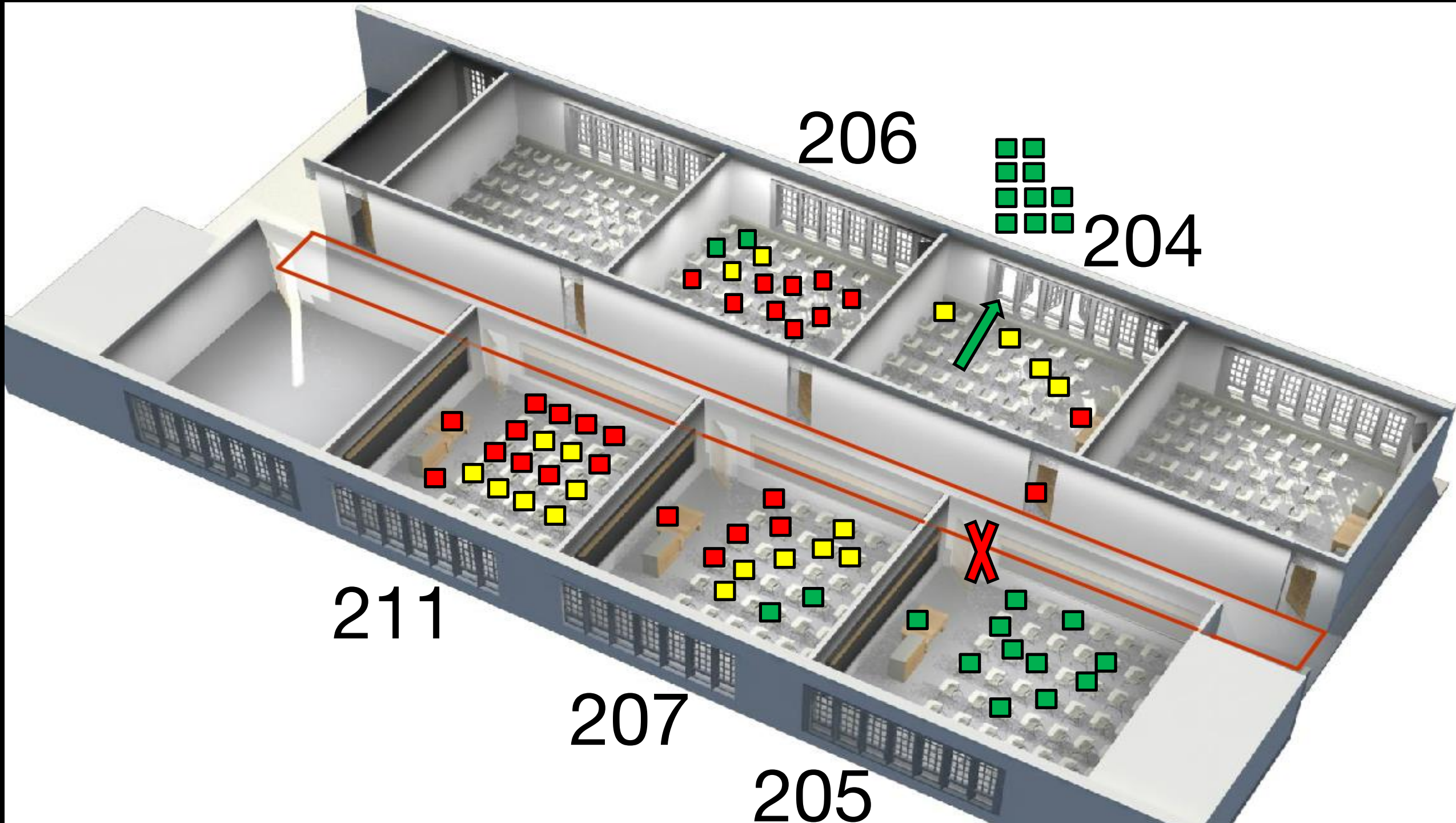


NORRIS HALL

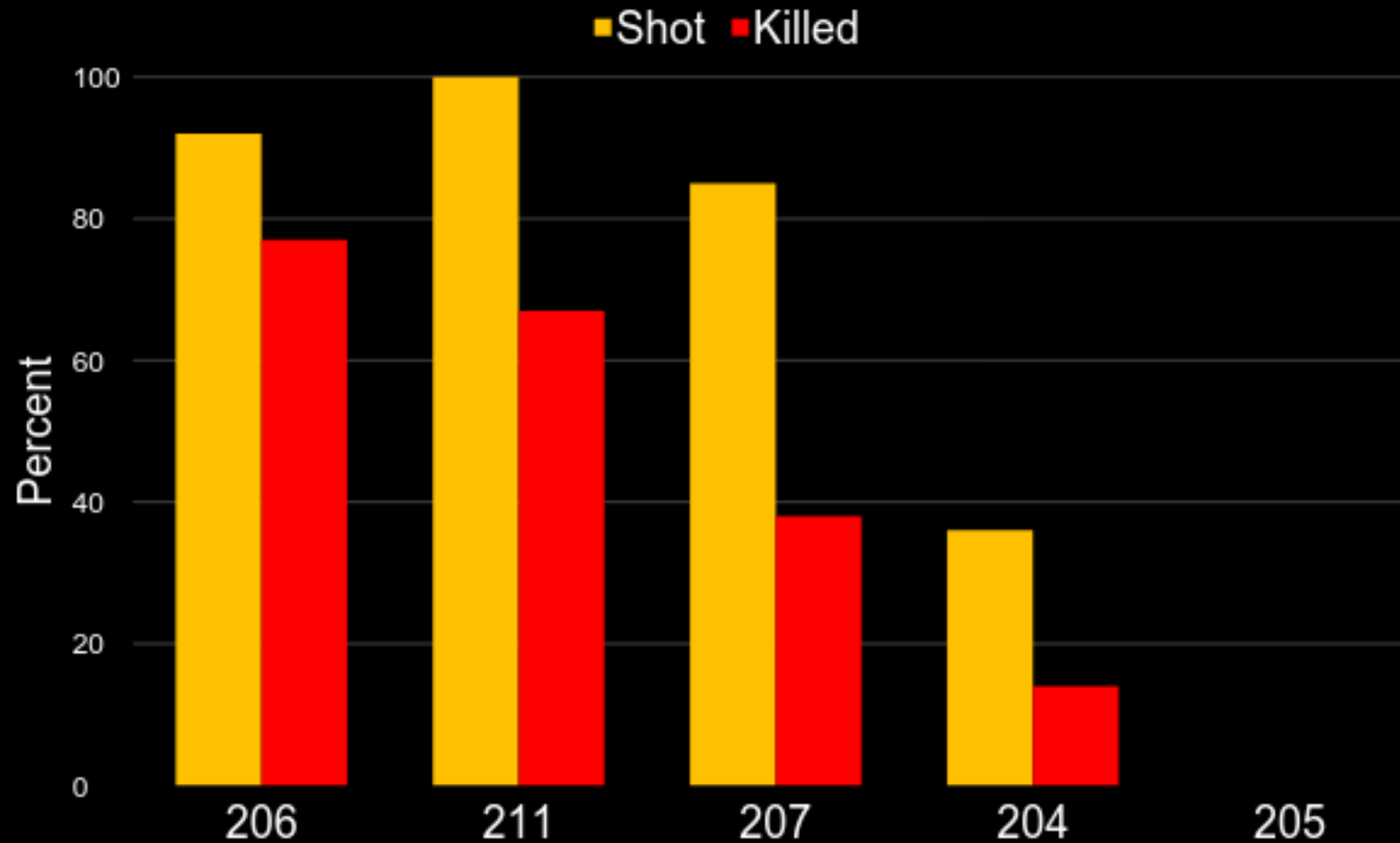


2nd FLOOR





VT Casualties



When the Police Arrive

Follow commands

Show your palms

Do not move



Law Enforcement Focus

Stop the killing

Stop the dying

Evacuate the injured



When Police Arrive



Medical

Training EMS delay

People need help

Seek additional training



Empowering Civilians



No matter how rapid the arrival of professional emergency responders, bystanders will always be first on the scene. A person who is bleeding can die from blood loss within five minutes, so it's important to quickly stop the blood loss.

Remember to be aware of your surroundings and move yourself and the injured person to safety, if necessary.

Call 911.

Bystanders can take simple steps to keep the injured alive until appropriate medical care is available. Here are three actions that you can take to help save a life:

1. Apply Pressure with Hands

EXPOSE to find where the bleeding is coming from and apply **FIRM, STEADY PRESSURE** to the bleeding site with both hands if possible.



2. Apply Dressing and Press

EXPOSE to find where the bleeding is coming from and apply **FIRM, STEADY PRESSURE** to the bleeding site with bandages or clothing.



3. Apply Tourniquet(s)

If the bleeding doesn't stop, place a tourniquet 2-3 inches closer to the torso from the bleeding. The tourniquet may be applied and secured over clothing.



The 'Stop the Bleed' campaign was initiated by a federal interagency workgroup convened by the National Security Council Staff, The White House. The purpose of the campaign is to build national resilience by better preparing the public to save lives by raising awareness of basic actions to stop life threatening bleeding following everyday emergencies and man-made and natural disasters. Advances made by military medicine and research in hemorrhage control during the wars in Afghanistan and Iraq have informed the work of this initiative which exemplifies translation of knowledge back to the homeland to the benefit of the general public. The Department of the Defense owns the 'Stop the Bleed' logo and phrase - trademark pending.



Homeland
Security

Office of Health Affairs

Personnel Issues

Expect mental trauma

Develop a critical
incident stress
management plan



**Don't
Name
Them**



A woman with long dark hair, wearing a grey cardigan and a light green scarf, is smiling and sitting on a rock by a body of water. The background shows gentle ripples on the water's surface.

Victoria Soto

**First Grade
Teacher**

Sandy Hook, CT

**Angela
McQueen**

**Physical
Education and
Math Teacher**

Mattoon, IL



Summary



Active Shooter Events



Disaster Response



Avoid, Deny Defend



VA Tech Case Study