

Understanding ALICE Training® and Multi-Option Response



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communities to stay safe and thrive.

Key Takeaways



1

The downsides of a lockdown-only approach and why multi-option responses are needed for different threats

2

How multi-option strategies empower students and school staff alike

3

The importance of training correctly and taking a trauma-informed approach

ALICE - Introductory Video



What Is a Traditional Lockdown?

- Utilized since 1980, the traditional lockdown is often the de facto response
- Originated in Los Angeles Unified School District in response to drive-by shootings near schools
- An announcement is made, classroom doors are locked, curtains and blinds are drawn, lights are turned off and students huddle together until the incident is over or help arrives



The Downsides of a Lockdown-Only Approach

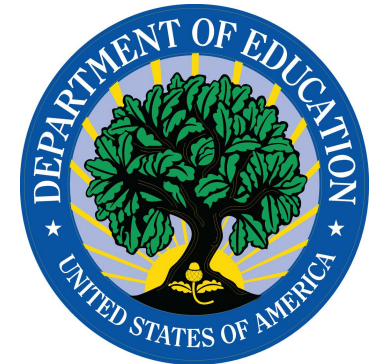
- Inflexible and applies a one-size-fits-all solution
- A passive response that leaves students with little to no information about the threat
- A silent and darkened room does not offer sufficient protection





Multi-option response has been endorsed overwhelmingly by diverse state and federal bodies, including:

- Department of Homeland Security
- New York City Police Department
- U.S. Department of Education



The Components of a Multi-Option Response

- Flee the scene, if possible (RUN)
- If unable to flee, enhanced lockdown that includes barricading the door with desks, chairs, etc. (HIDE)
- As a last resort, distraction, movement and swarming the intruder (FIGHT)



The ALICE Acronym & Response Protocol



A-Alert

Alert is your first notification of danger

L-Lockdown

Barricade the room and prepare for your next steps

I-Inform

Communicate in real time with clear language

C-Counter

Create noise, movement, distance and distraction

E-Evacuate

When safe to do so, remove yourself from danger

Implementation: The Importance of Training Correctly

- Instruction should be conducted by a certified professional
- Materials and methods should be appropriate for age & ability
- Instruction approach must be trauma-informed



Actions Prior to a Drill

- All drills will be announced to students in advance. The purpose is to prepare, not to scare.
- Families will be informed prior to a drill so that they can prepare their student(s) in a way that they feel is appropriate.
- Staff members will explain to students in a calm manner what will happen and why (immediately preceding the drill).

DEVELOPMENTALLY APPROPRIATE ALICE RESPONSES

Grades Kindergarten - 3rd Grade

- Students in early elementary grade levels can learn about the different types of emergencies that occur and how to be a safe helper by following directions.
- Students can discuss ways to stay safe in a variety of situations, including evacuation.

Grades 4-5

- Students can expand upon their knowledge of ways to stay safe by learning about different response options in an emergency.
- Teachers can discuss available options with students and practice ways they can stay safe in each situation (e.g. creating simple barricades to block doors).
- Students should be able to identify the best evacuation route and be able to identify the rally point.

Middle School (Grades 6-8)

- Students should build upon concepts learned in previous years by discussing additional options with students. This could be more complex ways to barricade by stacking chairs or desks.
- Students can also learn about the distraction technique, which encourages the use of classroom items or loud noises to distract an intruder.
- Advanced evacuation techniques can also be discussed (e.g. using the window as an exit).

Trauma-Informed Practices in Safety Training



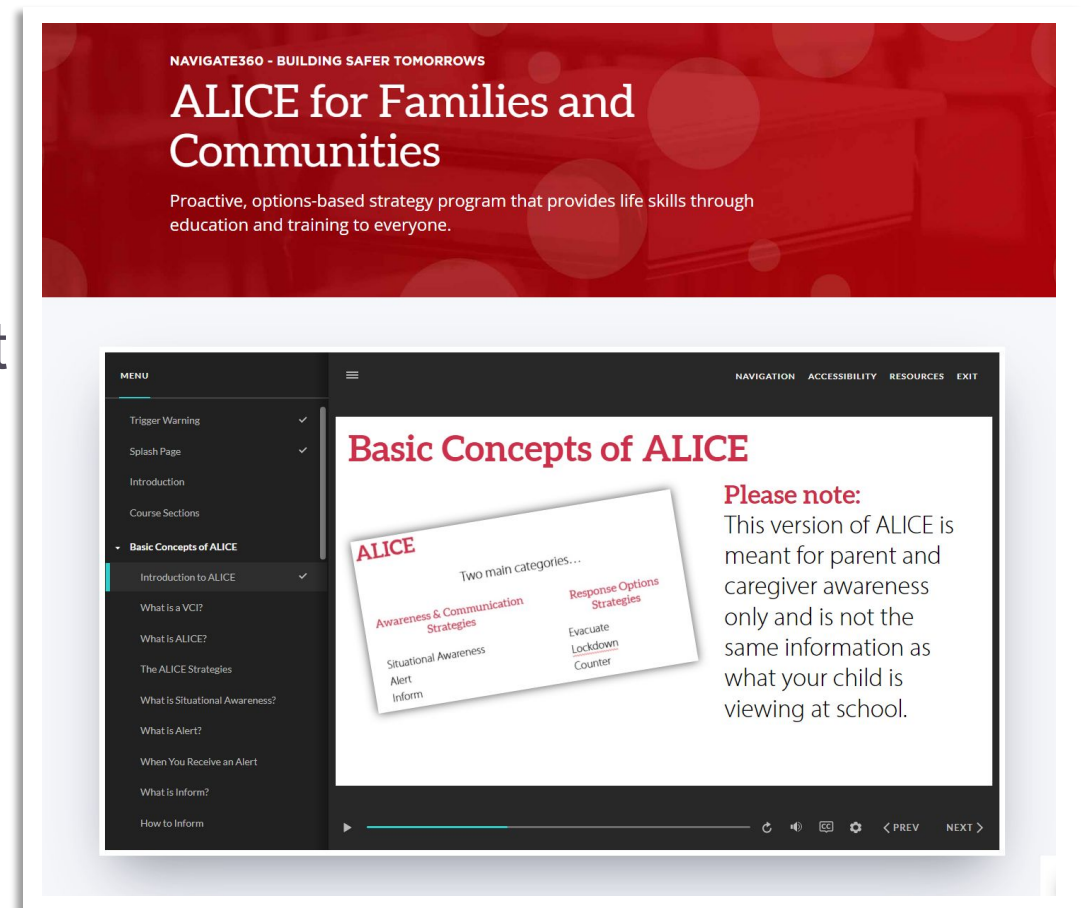
Recommended Considerations:

- Always announce active shooter drills
- Reduce the length & dramatization of simulation
- Discuss the training with students afterward
- Provide age-appropriate safety training
- Utilize calming strategies
- Offer alternative means of learning

Communicate Strategies with Families and Communities

Learn more about the value of ALICE Training® with this free course where you will learn the following:

- The basics of ALICE strategies
- What teachers are being taught and what they are experiencing
- How you can best speak to your children about ALICE





Thank You!