# SchoolSafety.gov

FEDERAL AND STATE RESOURCES, GUIDANCE, AND TOOLS TO CREATE SAFER SCHOOL ENVIRONMENTS

## Introduction

<u>SchoolSafety.gov</u> is a collaborative, interagency website created by the Federal government to provide schools and districts with actionable recommendations to create safe and supportive environments for students and educators. The site serves as a one-stop access point for the American public and school communities to find information, resources, guidance, and evidence-based practices on a range of school safety topics. Through the site, members of the kindergarten through grade 12 (K-12) academic community can also utilize specific tools to prioritize school safety actions, find applicable resources, connect with state-specific and local school safety officials, and develop school safety plans.



## **School Safety Topics**

On <u>SchoolSafety.gov</u>, the K-12 community can find the latest Federal government resources, guidance, and tools on a range of topics related to school safety, including:



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# **Actionable Features and Tools**

Specific resources and tools available on SchoolSafety.gov include:



#### **Grants Finder Tool**

Helps members of the K-12 school community more easily find, apply for, and ultimately receive school safety-related Federal funding
Link: schoolsafety.gov/grants-finder-tool



#### Safety Readiness Tool

Assists users in evaluating their respective school's safety posture across ten elements and provides a tailored Action Plan with options for consideration, aligned resources, and grant opportunities specific to their individual school's needs

Link: schoolsafety.gov/safety-readiness-tool



#### **State Search Tool**

Enables schools to locate and access state-specific school safety resources, programs, contacts, and opportunities Link: <a href="schoolsafety.gov/state-search-tool">schoolsafety.gov/state-search-tool</a>



#### **Resource Library**

Provides actionable resources, guidance, training, and fact sheets that can be filtered by audience, intended application, and topics to help schools create and maintain a safe learning environment **Link:** schoolsafety.gov/find-school-safety-resources



#### **Calendar of Events**

Features upcoming webinars, training sessions, and conferences for school safety personnel, administrators, educators, and parents Link: <a href="mailto:schoolsafety.gov/events">schoolsafety.gov/events</a>



## Informational Webinar Series

Addresses emerging school safety topics, threats, and risks, and provides information on related Federal government resources, tools, and best practices
Link: schoolsafety.gov/events



#### School Safety Community Bulletin

Delivers regular updates on the latest school safety-related news, events, opportunities, and resources Link: <u>bit.ly/2XeJdAO</u>



#### **Communications Center**

Provides a comprehensive collection of one-pagers, presentations, newsletter bulletins, and materials available from SchoolSafety.gov

Link: schoolsafety.gov/school-safety-communications-center

For additional SchoolSafety.gov news, resources, and events:

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# schoolsafety.gov Back-to-School Resources

## Create safe and supportive environments for students and educators returning for a new school year.

Back-to-school season represents the start of a new academic year and a time of excitement and anticipation for the kindergarten through grade 12 (K-12) community. It's also an important reminder of the continuous need to create and maintain safe and supportive environments for students and educators.



School safety encompasses several important elements, which span planning and prevention activities to protection and mitigation measures, to response and recovery actions during and after an actual incident. By integrating these various elements – and applying them to their individualized and unique needs, challenges, and settings – schools can create comprehensive and holistic school safety plans, procedures, and systems.

Find Resources to Create a Safer School Stocking was under by the field powerset prode shade and a stocking to some state and stocking to some stocking to some state and stocking to some st SchoolSafety.gov provides one-stop access to resources and evidence-based practices on a range of school safety topics and threats. Visit the site to inform and enhance your school safety programs and activities in preparation for and during the back-to-school season and beyond.

Key school safety issues and strategies to support a safe back-to-school season include:

#### **Bullying and Cyberbullying**

Bullying is defined as unwanted, aggressive behavior among school-aged children that involves a real or perceived imbalance of power. The behavior is repeated, or has the potential to be repeated, over time. Bullying is linked to many negative outcomes and in some instances can play a contributing role in school violence. Reducing bullying in schools requires a multi-faceted approach, including identification, prevention, immediate response, and appropriate support for serious incidents, as well as attention to cyberbullying and online harassment, including gender-based harassment and violence. School-based programs that strengthen students' skills; build a positive and supportive school climate; modify the physical and social environment, including through guidance on appropriate, respectful engagement online and through the use of electronic devices; and engage parents and youth can also play a part in preventing bullying and/or reducing key risk factors.





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#### **Child Exploitation**

Child exploitation can affect youth of any age, race, geographic location, or socioeconomic status, and victimization can take place directly on school grounds as well as through online or social media platforms, which can be sites for predatory behaviors and interactions with malicious actors who target children and adolescents (e.g., adults seeking to sexually exploit children, to financially extort them through the threat or actual distribution of intimate images). To prevent and address child exploitation, school leaders can provide training and resources on the risk factors and indicators of child exploitation so that teachers and school staff can recognize potential cases, as well as offer age-appropriate safety education programs for students and engage with parents to raise awareness of the issue. School districts should also establish and articulate clearly defined policies, protocols, and procedures, supported by collaboration with relevant local community and law enforcement partners, for school personnel to follow if cases of child exploitation are suspected or disclosed, as well as put in place campus security measures and screen visitors to school grounds and events.

#### Cybersecurity

₽ ► All educational institutions are at risk of falling victim to a cyberattack, and in recent years, K-12 schools have been an increasingly frequent target. These attacks can impact a school's ability to carry out its educational obligations, protect sensitive student and staff data, and provide secure learning environments. School districts can take a number of steps and actions to better protect against cybersecurity risks. These include investing in impactful security measures, such as enabling multi-factor authentication and installing software updates, as well as implementing a cybersecurity awareness and training program to educate students and staff on the ways to recognize and report suspicious activity.

Infectious Diseases and Public Health

Schools can face challenges to sustaining safe and healthy

in-person learning due to potential outbreaks of infectious

diseases. While outbreaks and other public health concerns

may be unpredictable, K-12 schools should put in place

operations. These include teaching and reinforcing

to indoor air quality, promoting equitable access to

a core set of prevention strategies as part of their normal

proper hand hygiene, cleaning and disinfecting surfaces,

optimizing ventilation and maintaining improvements

vaccinations, and encouraging students and staff to stay

home when they are sick. School and district administrators

should also work with local health officials to consider other

local conditions and factors when deciding to implement

#### **Emergency Planning**

Schools must be prepared to face a range of emergency events, including natural disasters, crime-related incidents, and accidents. Emergency planning is a key component of school safety that can include large-scale actions or everyday activities that help build a safe school environment. Elements of emergency planning include creating a comprehensive school Emergency Operations Plan (EOP), holding tabletop exercises to test procedures and protocols, and conducting developmentally appropriate drills so that all members of the school community can practice the actions they would take before, during, and after an emergency. Schools should also have planning teams in place that include a wide range of school personnel and community partners and first responders, and review, evaluate, and update school EOPs on a regular basis.

#### Mental Health

Students often come to school with complex physical and mental health concerns or social service needs. Schools are critical partners in supporting the mental health and well-being of students and should create a positive, safe, and affirming learning environment. To help address youth mental health issues and challenges, schools can provide training to staff on how to recognize signs of changes in mental health and behavior and take appropriate action if needed; implement evidence-based practices within a Multi-Tiered System of Supports framework; provide access to schoolbased mental health services and programs; promote school connectedness; and adopt a school-wide trauma-informed or sensitive approach.



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#### **School Climate**

School climate is a broad, multifaceted concept that involves many aspects of the student's educational experience. A positive school climate reflects attention to fostering social and physical safety and encouraging and maintaining respectful, trusting, and caring relationships throughout the school community. Schools and districts should implement social, emotional, and behavioral support systems to create a climate that supports and responds to student behavior and well-being needs. School leaders can support student character development practices in the classroom and school, as well as through collaborating with families and community organizations. Additional strategies to consider include conducting a school climate survey and identifying and implementing measures and programs that are best suited for the school.

#### **Targeted Violence**

Targeted violence refers to violence that is premeditated and directed at specific individuals, groups, or locations. It is distinct from violence that is spontaneous, random, or impulsive, and is often distinguished by pre-attack behaviors that suggest violence as a possible outcome. Schools can actively work to address the treat of targeted violence through a variety of prevention, intervention, protection, and mitigation measures, and provide resources and support after an incident to restore safety, security, and a positive environment for students and educators. Specific strategies schools can consider as part of their targeted violence prevention efforts include fostering a positive school climate, intervening to lessen harms and prevent future risk, and implementing physical safety and security measures.

#### **Threat Assessment and Reporting**

Identifying, reporting, and addressing concerning student behaviors and other suspicious activities can help stop violence before it occurs. One practice schools may consider is the use of well-trained and diverse multidisciplinary school threat assessment teams. These teams should include certified mental health professionals and the approach should include providing the supports and interventions students need when they need them. Schools may also establish a reporting system that is continually monitored and allows anonymous reporting to help members of the school community provide information on concerning behaviors or suspicious activities.



#### A holistic and community-based approach to school safety can empower everyone to take action and play a role in creating safer schools and communities.

Learn more about these issues and find related resources on <u>SchoolSafety.gov</u>. Each school safety topic has a dedicated sub-page on the site that includes evidence-based practices and recommendations in the form of resources, guidance, tools, and strategies.

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# **SCHOOLSAFETY.GOV** Bullying Prevention Strategies and Resources

## Create safer school environments by preventing and addressing bullying.

# What is Bullying?

Bullying is defined as unwanted, aggressive behavior among schoolaged children that involves a real or perceived imbalance of power. The behavior is repeated, or has the potential to be repeated, over time.

Bullying is a widespread issue in the United States and negatively impacts those who are bullied, those who bully others, bystanders, and others in the school community. Bullying can threaten students' physical and emotional safety at school and negatively impact their ability to learn. It is linked to many negative outcomes including impacts on mental health, substance use, and suicide, and in some instances can play a contributing role in school violence.



## **Bullying Prevention Strategies**

While there is not a one-size-fits-all approach to addressing bullying, there are a number of things school staff can do to make schools safer and prevent bullying. The first step is properly identifying bullying and taking actionable steps to prevent it. Reducing bullying behavior in schools requires a multi-faceted approach that also includes immediate response and appropriate consequences and support for serious incidents.

School-based programs that strengthen youths' skills and modify the physical and social environment have also been shown to reduce bullying or key risk factors. This includes the adoption of school climate initiatives and support for positive character development and digital citizenship.

Everyone at school can work together to create an environment where bullying is not acceptable. The following are **some** strategies school leaders, teachers, and staff can consider implementing to help identify, address, and prevent bullying in schools.

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### **Develop and Implement an Assessment**

Assessments – such as anonymous surveys – can help schools determine the frequency, locations, and types of bullying behavior. Assessments involve asking students and school community members about their experiences and thoughts related to bullying to help understand the current landscape, determine an appropriate intervention or prevention plan in response, and measure the results of efforts over time to ensure they are working.









## **Build a Safe and Supportive Environment**

Numerous studies have shown that elements of a positive school climate reduce bullying behaviors and lessen negative outcomes for students who have been bullied. Schools should establish a culture of inclusion that welcomes all students, set a tone of respect in classrooms, monitor places where bullying is more likely to occur such as bathrooms, playgrounds, and the cafeteria, and enlist the help of all school staff that interact with and influence students to help create an environment where bullying is not acceptable.

## **Implement Social and Emotional Learning**



Social and emotional learning (SEL) involves the processes through which children acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. Research has shown that effective SEL in schools significantly improves students' social-emotional skills, attitudes about self and others, and social interactions, and can help prevent bullying. Implementation of school-wide SEL frameworks and teacher-led integration of SEL in classrooms are a few ways to include SEL into schools and help develop students' social and emotional skills.



#### **Set Policies**

Establishing and enforcing school policies that outline how students are expected to treat each other, and the consequences for violations of these policies, can help prevent bullying. School leaders should train teachers and staff on school policies, and give them the tools to respond to bullying consistently and appropriately.

#### **Engage Parents and Youth**

Parents and youth play a critical role in stopping bullying at school because they can inspire others and contribute to a positive school climate. Parents can get involved by volunteering or participating in school events, and students can offer their viewpoints and experiences with bullying, take leadership roles in school to promote respect and inclusion, and communicate about bullying prevention with their peers.

For additional information on these and other strategies to prevent and address bullying, visit <u>StopBullying.gov</u>.

Sources: <u>CDC.gov/violenceprevention</u> | <u>SafeSupportiveLearning.ed.gov</u> | <u>StopBullying.gov/prevention/assess-bullying</u> | <u>StopBullying.gov/prevention/build-safe-environment</u> | <u>StopBullying.gov/prevention/engage-parents</u> | <u>StopBullying.gov/prevention/rules</u> | <u>StopBullying.gov/prevention/engage-parents</u> | <u>StopBullying.gov/prevention/engage</u> | <u>StopBullying.gov/prevention/engage</u> |









## Resources

SchoolSafety.gov offers a variety of resources, programs, and tools that school communities can use to address bullying, including:

- <u>Assessing Capacity for Bullying Prevention and Implementing Change</u>: This evidence-informed and evidencebased resource package provides professionals working to prevent bullying with tools to assess their environment's current capacity to address bullying and to determine where there may be gaps and needs.
- <u>Bullying Surveillance Among Youths: Uniform Definitions for Public Health and Recommended Data Elements</u> (Version 1.0): This report helps organizations, researchers, evaluators, community groups, educators, and public health officials define and gather systematic data on bullying to better inform research and prevention efforts. It is intended to improve the consistency and comparability of data collected on bullying.
- <u>Creating a Safe and Respectful Environment in Our Nation's Classrooms</u>: This training for teachers, school administrators, and support personnel is made up of two modules to address bullying in classrooms. Specifically, it is designed to assist teachers in cultivating meaningful relationships with students while creating a positive climate in the classroom.
- <u>KnowBullying Mobile App</u>: This app provides information to help parents, caregivers, and educators start meaningful conversations with children, share successful bullying prevention strategies, recognize the signs of bullying, and support children who are being bullied.
- <u>Measuring Bullying Victimization, Perpetration, and Bystander Experiences: A Compendium of Assessment</u> <u>Tools</u>: This compendium provides the school community with tools to measure a range of bullying experiences, including assessing self-reported incidents and the prevalence of bullying.
- <u>Positive Behavioral Interventions & Supports Technical Assistance Center</u>: This center supports schools, districts, and states to build systems capacity for implementing a multi-tiered approach to social, emotional, and behavioral support that can improve outcomes for all students, including students with disabilities and students from underrepresented groups.
- <u>Preventing Bullying</u>: This website provides background information on bullying, including bullying statistics, as well as prevention strategies to stop bullying before it starts.
- <u>StopBullying.gov</u>: This interagency website provides information from various government agencies on what bullying is, what cyberbullying is, who is at risk, and how schools and individuals can prevent and respond to bullying.
- <u>The Relationship Between Bullying and Suicide: What We Know and What it Means for Schools</u>: This resource provides school administrators, teachers, and other school staff with concrete, action-oriented information based on the latest science to help improve schools' understanding of and ability to prevent and respond to bullying and suicide-related behavior.
- <u>Tips for Teachers on Cyberbullying</u>: This webpage provides information for teachers, school personnel, and staff to identify warning signs a child is being cyberbullied or is cyberbullying, as well as strategies to prevent and address it.

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# **SCHOOLSAFETY.GOV** Child Exploitation Resources



Protect children from exploitation by recognizing the risk factors and warning signs, knowing how to respond, and supporting students who have been victimized.

Child exploitation can take many forms and affect young people of any background, demographic, or geographic location. Victimization can take place directly on school grounds as well as through online or social media platforms, and victimized students may suffer physical, mental, and emotional trauma.

Schools are uniquely positioned to support students facing exploitation. Because of the regular interaction between educators and students, school personnel can help identify and report suspected cases of trafficking and exploitation and connect affected students to critical services.

Understanding the factors that make students vulnerable to exploitation, such as adverse childhood experiences, history of trauma, housing instability/homelessness, or lack of supportive adult figures, and recognizing the warning signs is the first step in identifying potential victims. Signs or indicators may include unexplained absences from school, abruptly disconnecting from family or friends, or significant changes in behaviors including online activity, and if observed can be an opportunity to ask more questions or help students get the support they need.

School leaders can provide training and resources on the risk factors and indicators of child exploitation so that teachers and school staff can recognize potential cases, as well as offer age-appropriate safety education programs for students and engage with parents to raise awareness of the issue. School districts should also establish and articulate clearly defined policies, protocols, and procedures, supported by collaboration with relevant local community and law enforcement partners, for school personnel to follow if cases of child exploitation are suspected or disclosed.

To counteract risk factors, identifying and building protective factors and a safe and supportive school community can help to prevent youth from exploitative and trafficking situations. Protective factors can include encouraging youth to seek help, identifying resources to meet student needs, and offering ongoing education about healthy relationships, intimate partner violence, and child sex abuse. Schools should also put in place campus security measures and screen visitors to school grounds and events. As well, providing children, teens, parents, and teachers with information regarding the potential dangers of online environments and how to stay safe online can help prevent many instances of child exploitation.

## Resources

SchoolSafety.gov offers a variety of resources, programs, and guides that school communities can use to help prevent, identify, and respond to child exploitation, including:

#### **Guides and Reports**

• <u>Child Sex Trafficking in America: A Guide for Parents and Guardians</u>: This guide offers information for parents and guardians on child sex trafficking, including an overview on the victims and perpetrators, tips for keeping children safer, and warning signs.







- How to Talk to Youth about Human Trafficking: A Guide for Youth Caretakers and Individuals Working with Youth: This guide can be used by any adult who is a caretaker of a youth or individuals who work with youth through formal or informal programming. It includes information about what human trafficking is, how to recognize it among youth, tips for talking to youth about general exploitation, information about building life skills that may help prevent youth from being trafficked, and reporting options if you suspect a youth is affected by human trafficking or being exploited.
- <u>Human Trafficking in America's Schools: What Schools Can Do To Prevent, Respond, and Help Students To Recover</u> <u>From Human Trafficking (Second Edition)</u>: This guide is intended to provide awareness of the current prevalence of child trafficking and the forms it takes; information on risk factors and indicators of child trafficking; details about three prevention tiers and the implications for schools' role in addressing child trafficking; information on how professional development of school staff and prevention education for students and families can reduce the likelihood of trafficking; and details on how policies, protocols, and partnerships with other community sectors can help prevent trafficking.
- Sex Trafficking of Minors: What Schools Need to Know to Recognize and Respond to the Trafficking of Students: This brief provides educators with an overview of the issue of minor sex trafficking and suggests specific steps that schools can take to respond to signs of trafficking among its students. It also offers suggestions for how State Coordinators for Homeless Education and local homeless education liaisons can help guide their states' and school districts' efforts to address trafficking within schools.

#### Fact Sheets and Tip Sheets

- <u>Child Sex Trafficking Overview</u>: This resource provides an overview of and trends on child sex trafficking as well as the signs associated with child sex trafficking so trusted adults and professionals can recognize potential red flags or indicators.
- <u>Human Trafficking 101 for School Administrators and Staff</u>: This resource offers a definition of human trafficking, a brief overview of who is at risk, and behavioral, physical, and social indicators of trafficking that might be observed by school personnel. It also includes the number to call to report suspected trafficking, and a reminder about the importance of engaging law enforcement in order to protect students' and staff's safety.

#### **Resources and Programs**

- <u>Keeping Children Safe Online</u>: This webpage offers tips, videos, and resources to help parents, guardians, caregivers, and teachers help protect children from becoming victims of online child predators.
- <u>NetSmartz</u>: NetSmartz is the National Center for Missing & Exploited Children's online safety education program. It provides age-appropriate videos and activities to help teach children how to be safer online with the goal of helping children to become more aware of potential online risks and empowering them to help prevent victimization by making safer choices on- and offline.
- <u>Project iGuardian</u>: Project iGuardian is focused on keeping children and teens safe from online predators through education and awareness. The project is an outreach effort to share information about the dangers of online environments, how to stay safe online, and how to report abuse and suspicious activity.

If you are concerned about potential or suspected child sex trafficking, please make a report to the National Center For Missing & Exploited Children's <u>CyberTipline</u> or call 1-800-THE-LOST.

For additional information and resources, visit SchoolSafety.gov's recently launched Child Exploitation topic page.

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## **SCHOOLSAFETY.GOV** Emergency Planning Strategies and Resources

### Prepare for emergency events and know how to respond and recover.

Whether faced with severe weather or natural disasters, an act of targeted violence, or an unfortunate accident, thoughtful and thorough emergency planning and preparation are critical actions schools can take to stop an emergency event from happening or reduce the impact of an incident that does occur. Emergency planning is a key component of school safety that can include large-scale actions or everyday activities to build a safe school environment.

Although schools are not traditional response organizations, when a school-based emergency occurs, school personnel respond immediately. Emergency planning can empower school staff and local first responders to understand and manage their responsibilities, help identify and address gaps in school procedures or processes, and prepare personnel so they are ready to respond in crisis situations.



By having emergency plans and procedures in place, practicing these plans through exercises and drills, and collaborating with local partners, schools can take a variety of preventative and protective measures to help keep students and educators safe.



#### Developing a School Emergency Operations Plan

A key component of emergency planning is creating a comprehensive school Emergency Operations Plan (EOP), a document that describe the actions students, teachers, and school staff should take before, during, and after emergency events. Elements of an EOP include the Basic Plan section, which addresses the overarching activities a school undertakes, as well as functional and hazard or threat-specific annexes.

Developing an EOP should be a collaborative process that includes a planning team comprised of a range of school personnel, such as administrators, teachers, and school mental health professionals. It is also critical that schools work with community partners, including local emergency management staff, first responders, law enforcement, and public and mental health officials, as they can provide critical expertise and guidance and ensure the school EOP is integrated with community and regional plans. Schools should plan to review, evaluate, and update their EOP on a regular basis.



#### **Training and Exercises**

Training and exercises are an essential component of school emergency preparedness. Training teaches staff and faculty about the policies, procedures, roles, and responsibilities in their school's EOP and gives them the information they need to train their students on emergency procedures. Simulations of emergency situations, or emergency exercises, offer opportunities to practice courses of action outlined in the EOP and examine and strengthen capacities for mitigating, responding to, and recovering from various hazards and threats.







Schools can also conduct developmentally appropriate drills to provide everyone with the chance to practice the actions they would take before, during, and after an emergency. Activities may range from fire and shelter-in-place drills to full-scale exercises that realistically portray the actual conditions of a crisis. It is recommended that education agencies start with simple exercises and work their way toward the most complex. Districts and schools are also encouraged to adapt training programs and exercises to specific audiences and settings; consider the developmental, cultural, and educational characteristics of their school communities; and balance exercises and drills with issues such as school climate.



#### **Planning for Recovery**

Planning for how to recover from incidents before they occur can make the recovery process quicker and more effective and put in place key protective measures for potential future incidents. Districts and schools should have an overall strategy and plan to support the academic, physical, fiscal, and emotional recovery of the school community following an emergency.

To address the wide range of needs that are linked to the aftermath of a school incident, safety teams should consider issues such as family reunification, a critical function that reunites children with verified and authorized family members after any critical or emergency incident. Recovery from emergencies should also address issues involving authority and personnel to close and reopen the school, as well as the short- and long-term counseling needs of students, staff, and families.

To further emergency planning efforts, schools and districts can become educated on the different grants and federal resources available to implement emergency planning initiatives, including funding available to support a school's recovery following a school tragedy. Federal school safety grants can be found on SchoolSafety.gov's <u>Grants Finder Tool</u>.

#### Resources

SchoolSafety.gov features a range of resources schools and districts can use to support the implementation of emergency planning initiatives. These include:

#### **Guides and Fact Sheets**

- <u>Best Practice Considerations for Armed Assailant Drills in Schools</u>: This document provides guidance on factors schools must take into account when conducting armed assailant drills and reflects unique considerations within the school environment, including protecting both the physical and psychological safety of students and staff.
- <u>Emergency Exercises: An Effective Way to Practice and Validate Emergency Operations Plans</u>: This fact sheet provides information on the types and benefits of emergency exercises, developing an effective emergency exercise program, post-exercise evaluations, obtaining stakeholder buy-in, and resources for emergency exercises. It also includes a case study on emergency exercises.
- <u>Guide for Developing High-Quality School Emergency Operations Plans</u>: This interagency guidance provides information to school administrators on school emergency management planning. It includes a process for developing, implementing, and refining a school EOP with community partners.
- <u>Hierarchy of Education & Training Activities</u>: This toolkit provides examples of the forms and methods to educate and train students and staff to respond in an emergency. It includes examples of several models that begin with the most basic activities and progress to the most advanced.
- <u>Resources After a School Tragedy</u>: This guide provides resources and information to help schools better support students and families in the aftermath of violence and trauma.







- <u>Sample School Emergency Operations Plan</u>: This document outlines a sample school EOP and is intended to be used for training purposes.
- <u>The NASSP Principal Recovery Network Guide to Recovery</u>: This downloadable guide is a collection of personal best practices and practical advice from principals and assistant principals who led schools in recovery after a shooting.
- <u>The Role of Districts in Developing High-Quality School Emergency Operations Plans</u>: This guide serves as a complement to the "Guide for Developing High-Quality School Emergency Operations Plans" and provides information that can assist school districts in fulfilling both their individual and shared emergency planning responsibilities.
- <u>The Standard Reunification Method (Volume 2)</u>: This guidance provides school and district safety teams with proven methods for planning, practicing, and achieving a successful reunification in the event of a school crisis or emergency.

#### **Tools and Training Programs**

- <u>EOP Interactive Tools</u>: This suite of tools can be used to help K-12 practitioners develop and revise EOPs and align emergency planning practices with those at the national, state, and local levels.
- Exercise Starter Kits and Tabletop Exercises: These self-conducted tabletop exercises, tailored for the academic community, include a set of scalable tools aimed to test existing emergency plans, protocols, and procedures, while also strengthening preparedness, response, and recovery capabilities in the event of an active shooter situation. Tabletop exercise packages are also available on a variety of physical security scenarios geared towards specific facilities, including schools.
- <u>Preparing for Emergencies: What School Staff Need to Know</u>: This course provides school staff with the knowledge, skills, and tools needed to prepare for school emergencies before, during, and after an incident.

#### Websites and Webinars

- <u>Creating, Practicing, and Implementing Plans for Family Reunification Before, During, and After an Emergency</u>: This webpage provides resources to help schools create a Family Reunification Annex as a part of a school EOP in order to detail actions to take before, during, and after an emergency to ensure students are reunited with their families.
- <u>Multihazard Emergency Planning for Schools</u>: These resources are designed to help schools and districts conduct training, plan, and prepare for a wide range of hazards including public health emergencies, natural disasters, and school violence.
- <u>Planning to Recover from Emergencies at Districts and Schools</u>: This webinar explains how K-12 schools and districts can better plan to recover from emergency events and be ready for a range of threats and hazards.
- <u>Ready Kids</u>: This website provides emergency preparedness resources, tools, activities, and information to help children and adolescents prepare for disasters.

Sources: rems.ed.gov/docs/School\_Guide\_508C.pdf | oese.ed.gov/offices/office-of-formula-grants/safe-supportive-schools/project-serv-school-emergency-response-to-violence/ | nc2s.org/wp-content/uploads/2022/07/School-Safety-Communications-Planning-Guide.pdf | schoolsafety.gov/EmergencyPlanningResources.pdf | schoolsafety.gov/emergency-planning | rems.ed.gov/docs/EmergencyExercisesFactSheet\_508C.pdf | mhttcnetwork.org/sites/mhttc/files/2019-05/After%20a%20School%20Tragedy\_FINAL050919.pdf | rems.ed.gov/ docs/FamilyReunificationFactSheet\_508C.pdf | safeandsoundschools.org/wp-content/uploads/2020/12/Straight-A-Safety-Toolkits-ACT-5-Hierarchy-of-Education.pdf | rems.ed.gov/ K12RecoveryAnnex.aspx

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# **SCHOOLSAFETY.GOV** Mental Health Resources



Mental health and wellness are innately connected to students' success in the classroom and to a thriving school environment.

## Promote better student outcomes and foster safer schools through mental health programs and support.

Mental health is an important part of a child's overall health and wellbeing that affects how children think, feel, and act. It can play a role in how children handle stress, relate to others, and make healthy choices. Mental health disorders without early diagnosis and treatment can cause problems that can continue into adulthood.

Youth mental health is shaped by a combination of factors, including individual factors like genetics, and community factors like school climate. According to recent surveys, young people show alarming increases in the prevalence of anxiety, depression, and other behavioral health challenges that have consistently increased over the past decade.

Schools are critical partners in supporting the mental health and wellbeing of students. In addition to education, they provide opportunities for social, mental health, and physical health services that can help protect against negative outcomes. Schools can also serve as communities of support, enabling students to develop relationships with supportive adults and peers and helping youth find purpose and belonging.

By supporting students who are experiencing mental health challenges, schools can help foster a sense of safety and support, prevent worsening of mental health conditions, and create better outcomes. There are several strategies educators, school staff, and school districts can implement to support the mental health of all students, including:

#### Provide Access to Comprehensive School-Based Mental Health Services

School mental health programming includes an array of services that address prevention, early intervention, and treatment needs of students to facilitate well-being and positive healthy youth development. Comprehensive school-based programs incorporate a team of licensed behavioral health professionals that provide on-site therapy services. School-based mental health services and tele-health programs also allow mental health needs to be addressed without removing students from the learning environment.







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#### Implement a Continuum of Evidence- $\bigcirc$ ·· $\bigcirc$ Based Prevention Practices

A Multi-Tiered System of Supports (MTSS) is an integrated implementation framework for organizing a continuum of evidence-based practices to support each student's educational, social, emotional, and behavioral needs. An effective MTSS framework includes the prioritization of primary prevention practices that establish positive, predictable, and safe environments and routines; secondary prevention, which provides targeted support for students who continue to experience social, emotional, and/or behavioral risk; and, tertiary prevention, which provides intensive and individualized support for students with chronic or intense social, emotional, or behavioral needs.

#### **Engage Parents and Legal Guardians**

Parents and families have a powerful role in supporting their children's health and well-being at home and at school. Schools can work with parents and legal guardians to educate them about connectedness, engage them in creating healthy and supportive schools, and reinforce the skills taught at school in their home.

#### Adopt a Schoolwide Trauma-Sensitive Approach

In a trauma-sensitive school, all aspects of the educational environment, from workforce training to engagement with students and families to procedures and policies, are grounded in an understanding of trauma and its impact and are designed to promote resilience for all. Schools that implement trauma-sensitive practices can create safer, more supportive environments and enhanced connections among students, families, and staff. Trauma-sensitive strategies include educating school staff about trauma and its effects and promoting physical and emotional safety in relationships and in the environment.

### Promote Mental Health Literacy

Educators are often the first to notice if a child is struggling or behaving differently. Mental health literacy training programs can empower school staff with skills to recognize and assist students experiencing mental health challenges and better prepare them to make appropriate referrals. These programs can also help change attitudes and perceptions about mental health and reduce the stigma associated with mental health needs and services.

#### Create Positive, Safe, and Affirming Learning Environments and Promote School Connectedness

Building environments where students feel they are cared for, supported, and belong can have a substantial impact on positive student mental health and well-being, as well as make it less likely for youth to experience risky behaviors such as substance use or violence. A positive school climate reflects attention to fostering social and physical safety, providing support that enables students and staff to realize high behavioral and academic standards, and encouraging and maintaining respectful, trusting, inclusive, and caring relationships throughout the school community. Schools can also promote school connectedness through classroom management and positive youth development programs.







#### SchoolSafety.gov

# Resources

SchoolSafety.gov offers a variety of resources, guides, and tools school communities can reference on mental health, including:

#### Guides, Reports, and Informational Materials

- <u>Guidance to States and School Systems on Addressing Mental Health and Substance Use Issues in Schools</u>: This bulletin provides states, schools, and school systems with information about addressing mental health and substance use issues in schools, including examples of approaches and best practice models to implement related services for students.
- <u>Protecting Youth Mental Health</u>: This U.S. Surgeon General's Advisory offers recommendations for supporting the mental health of children, adolescents, and young adults, including essential recommendations and strategies for schools.
- <u>Supporting Child and Student Social, Emotional, Behavioral, and Mental Health Needs</u>: This guide provides focused information and resources to enhance the promotion of mental health and social and emotional well-being among students. It highlights seven key challenges to providing school- or program-based mental health support across early childhood, K–12 schools, and higher education settings, and presents seven corresponding recommendations.
- <u>Supporting Mental Health via Technology</u>: This information sheet reviews the value of focusing on mental health in schools, with an emphasis on leveraging technology. It highlights practical recommendations schools and districts can use to support their efforts to promote mental health strategies and skills, including links to resources useful for planning and implementation.

#### **Trainings and Tools**

- <u>Health Education Curriculum Analysis Tool: Mental and Emotional Health Curriculum</u>: This assessment tool module helps school systems conduct a clear, complete, and consistent analysis of curricula that are intended to promote mental and emotional health.
- <u>National School Mental Health Best Practices: Implementation Guidance Modules</u>: These resources which include modules containing trainer and participant manuals, slide decks, and recorded virtual learning sessions are designed to help states, districts, and schools advance comprehensive school mental health, as well as engage in a planning process around implementation of services.
- <u>Ready, Set, Go, Review: Screening for Behavioral Health Risk in Schools</u>: This toolkit is designed to help schools through the process of developing comprehensive screening procedures, as well as provide readily available resources to facilitate the implementation of effective behavioral health screening in schools.
- <u>School Health Assessment and Performance Evaluation (SHAPE) System</u>: This web-based platform offers schools, districts, states, and territories a workspace and targeted resources to support school mental health quality improvement.
- <u>Toolkit for Schools: Engaging Parents to Support Student Mental Health and Emotional Well-being</u>: This toolkit is designed to help education leaders and schools raise parent awareness about school connectedness and its role in supporting student mental health and emotional well-being, and why family engagement both in and out of school is important. It includes sample social media posts, social media graphics, and newsletter text.

#### Programs, Websites, and Other Resources

• <u>Creating Trauma-Informed Schools</u>: This webpage features tools and materials to help educators, school staff, and administrators understand and respond to the specific needs of traumatized children in a school setting.







- <u>How to Talk About Mental Health: For Educators</u>: This webpage provides general information for educators on student mental health, including what to look for in student behavior and ways to support students and their families.
- <u>National Center for School Mental Health</u>: This technical assistance and training center provides resources, webinars, trainings, and more to strengthen school mental health policies and programs.
- <u>School and Campus Health</u>: This webpage provides information and resources to assist efforts to promote mental health and substance use prevention in schools and on campuses and to provide safe learning environments.
- <u>School-based Suicide Prevention: Promising Approaches and Opportunities for Research</u>: This webinar shares new and innovative practices in school-based suicide prevention, focusing on risk identification, follow-up, and referral for additional services for high-risk youth.
- <u>School Connectedness Helps Students Thrive</u>: This webpage describes school connectedness, the benefits of school connectedness, and the ways schools can take action to help students feel connected.
- <u>988 Suicide and Crisis Lifeline</u>: This program offers 24/7 call, text and chat access to trained crisis counselors who can help people experiencing a suicidal, substance use, and/or mental health crisis, or any other kind of emotional distress. The corresponding webpage provides additional resources and information for strengthening suicide prevention and mental health crisis services.



Sources: cdc.gov/childrensmentalhealth | hhs.gov/surgeongeneral/priorities/downloads/youth-mental-health-factors | samhsa.gov/ school-campus-health/behavioral-health-resources-youth | hhs.gov/sites/default/files/surgeon-general-youth-mental-health-advisory | cdc.gov/media/releases/2022/p0331-youth-mental-health-covid-19 | hhs.gov/surgeongeneral/priorities/youth-mental-health | youth. gov/youth-topics/youth-mental-health | ed.gov/documents/students/supporting-child-student-social-emotional-behavioral-mentalhealth | safesupportivelearning.ed.gov/scirp/about | cdc.gov/healthyyouth/protective/school-connectedness/connectedness\_schools | safesupportivelearning.ed.gov/topic-research/environment/mental-health | rems.ed.gov/docs/The Role of Mental Health Professionals in School Safety Efforts | safesupportivelearning.ed.gov/trauma-sensitive-schools-training-package | safesupportivelearning.ed.gov/ sites/default/files/TSS\_Training\_Package\_Implementation\_Guide | cdc.gov/healthyschools/connectedness/connectedness\_toolkit

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# SCHOOLSAFETY.GOV Online Safety Resources

## Protect against online threats and risks. Teach children about internet safety and stay involved in their digital world.

Children and adolescents are spending more time online than ever before, and technology is ingrained in almost every facet of their lives. Today's youth strongly depend on digital devices and online forums, like social media and gaming platforms, to seek immediate connections or gratification. The need for connectivity, acceptance, or sense of belonging can drive children's overall needs and online activities and behaviors.

Children's increased online presence, coupled with evolving and emerging digital platforms, can expose them to a range of potential online safety threats and risks. These threats can include online predators and criminals, as well as forms of harassment, enticement, and exploitation such as sextortion. Cyberbullying, which includes sending, posting, or sharing negative, harmful, false, or mean content about someone else, can also take place over digital devices and in online forums, and targeting youth online has become an increasingly common tactic among traffickers and criminals, who can gain access to children and adolescents because they are not always aware of how dangerous online environments can be.



Online safety threats can jeopardize children's digital experiences and devices and put their sensitive and personal information at risk. These threats can also have profound and lasting impacts on youth mental health and physical and emotional well-being, and for certain individuals, can present or accelerate a pathway to destructive behaviors.

### Parents and Guardians

Teaching children about digital risks and how to avoid them can be one of the most effective ways to help young people make smart and safe choices in their online interactions. Parents and caregivers are encouraged to have conversations with their children early on regarding their online activity, and to keep the lines of communication open so that children feel safe and supported in coming forward with potential concerns. Parents and guardians should also know the apps their children use, tell children to avoid sharing personal information, photos, and videos, enact parental controls where possible, and be aware of potential signs of abuse and/or exploitation.

### **School Communities**

Schools and school districts can also play a role in preventing and protecting against online safety threats. School communities can empower students to make smarter online choices by creating a dynamic and engaging internet safety











curriculum and by educating youth on digital literacy skills as part of a broader strategy of promoting a positive school climate. A digital citizenship curriculum can help students learn how to better navigate the potential risks and threats they may encounter online, and can include topics such as privacy and security, relationships and communication, cyberbullying, digital footprints and reputation, and self-image and identity. Teachers and school staff are also encouraged to learn the potential signs and indicators of cyberbullying and child exploitation, so they can properly identify and address these issues and support victimized students.

#### Youth

Young people can take a variety of simple, everyday actions to be cyber safe and better protect against online threats. This includes talking with parents, caregivers, and educators so they understand online risks, only chatting with people they know in real-life, ensuring their online accounts are private, blocking people they don't know or trust, and trusting their instinct if something or someone makes them feel uncomfortable. In addition to online safety actions, students can also practice good cyber hygiene to keep their devices and personal information secure in the digital world. As part of this, they can opt-in to multifactor authentication (which requires a combination of two or more steps to verify a user's identity) when logging into online accounts and services. Students are also encouraged to create strong passwords, think before they click on unfamiliar inks that show up in emails or messages, and update their software and device applications when updates are available.

## Resources

SchoolSafety.gov features a variety of resources schools and families can use to help prevent and protect against online threats. Resources include:

- <u>4 Things You Can Do To Keep Yourself Cyber Safe</u>: This resource outlines the basics of cyber hygiene and provides information on four easy and common-sense ways to protect yourself online.
- <u>Cyberbullying Information and Prevention Tips</u>: This webpage provides information on what cyberbullying is, where it occurs, and how to prevent it. It also includes digital awareness information for parents and outlines what to do to report cyberbullying if it occurs.
- <u>Cybersecurity Awareness Program: Parent and Educator Resources</u>: This webpage offers a variety of resources and materials to help educators and parents start discussions about online safety with children and students. It includes general education resources, programs for schools, and information on safeguarding devices and reporting threats.
- <u>CyberTipline</u>: This tip line is the nation's centralized reporting system for the potential or suspected online exploitation of children. Members of the public and electronic service providers can make reports of child sexual exploitation by submitting an online form or by calling 1-800-THE-LOST.
- <u>Cyber Safety Considerations for K-12 Schools and School Districts</u>: This fact sheet includes information on the most common online threats students face and describes how school and school district administrators can prepare for and respond to these risks.







- <u>Cyber Safety Video Series</u>: This series of videos and accompanying fact sheets highlight common potential threats students and K-12 schools are likely to face online, as well as proactive steps individuals and institutions can take to stay safe.
- <u>Helping Youth Navigate Dangers in the Digital Age</u>: This webinar provides information on how to help youth mitigate what they see on the internet and build resiliency against extremist hate groups, as well as various tools and resources to help youth identify misinformation. It also covers how to empower caregivers to identify and report potential hate groups and hate crimes.
- <u>Information on Child Sex Trafficking</u>: This webpage provides an overview of child sex trafficking, its risk factors, recent data and trends, and resources and training available to prevent and identify exploitation and support victims.
- <u>Keeping Children Safe Online</u>: This webpage offers tips, videos, and resources to help parents, guardians, caregivers, and teachers protect children from becoming victims of online child predators.
- <u>NetSmartz</u>: This online safety education program provides age-appropriate videos and activities to help teach children to be safer online with the goal of helping children to become more aware of potential online risks and empowering them to help prevent victimization by making safer choices on- and offline.
- <u>Project iGuardian</u>: This program is focused on keeping children and teens safe from online predators through education and awareness. It includes outreach efforts to share information about the dangers of online environments, how to stay safe online, and how to report abuse and suspicious activity.
- <u>Resilience Series: Bug Bytes</u>: This graphic novel communicates the dangers and risks associated with threat actors using social media and other communication platforms to spread mis-, dis-, and malinformation for the sole purpose of planting doubt in the minds of targeted audiences to steer their opinion.
- <u>Tips for Teachers on Cyberbullying</u>: This webpage provides information for teachers, school personnel, and staff to identify warning signs a child is being cyberbullied or is cyberbullying, as well as strategies to prevent and address it.



Visit <u>SchoolSafety.gov</u> and follow <u>@SchoolSafetyGov</u> on Twitter for additional online safety resources for the K-12 community.

Sources: justice.gov/coronavirus/keeping-children-safe-online | missingkids.org/netsmartz/resources - overview | cyber.org/cybersafety | stopbullying.gov/cyberbullying/ what-is-it | dhs.gov/sites/default/files/publications/blue\_campaign\_youth\_guide | cisa.gov/sites/default/ParentsandEducatorsTipCard | info.publicintelligence.net/FBI-PreventingExtremismSchools.pdf | go.missingkids.org/internet-safety-presentation-for-parents | ice.gov/features/sextortion | rems.ed.gov/docs/Cyber\_Safety\_K-12\_Fact\_ Sheet\_508C.PDE | cisa.gov/news-events/news/4-things-you-can-do-keep-yourself-cyber-safe

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# **SCHOOLSAFETY.GOV** Targeted Violence Prevention Resources

# Prevent and mitigate targeted violence incidents.

Targeted violence refers to violence that is premeditated and directed at specific individuals, groups, or locations. Perpetrators often select their targets as a result of grievances. Targeted violence is distinct from violence that is spontaneous, random, or impulsive crime emanating from a person's immediate anger or fear and is often distinguished by pre-attack behaviors that suggest violence as a possible outcome.



Targeted violence incidents do not simply disrupt the learning environment of affected campuses. These tragic events threaten the physical and psychological safety of those involved, undermine public confidence, and emotionally devastate communities, oftentimes with wide-ranging impacts that extend far beyond the events of the day. They can have lasting effects on student mental and emotional health, well-being, and development, and the psychological impacts of such tragedies may cause widespread increases in fear and anxiety in school environments.

The factors that lead to targeted violence can be wide-ranging, complex, and occur over a period of time. In many instances, however, targeted violence incidents are preventable. Addressing targeted violence requires a community-based, comprehensive, and holistic approach, and many members of the school community – including district administrators, principals, school-based law enforcement, emergency managers, teachers, school mental health professionals, parents, and students themselves – can play a role. Schools that employ comprehensive approaches to addressing violence are not immune from it, but by doing so, they can minimize the chances of serious violence and better respond to incidents that may occur.









Schools can actively work to address the threat of targeted violence through a variety of prevention, protection, and mitigation measures, including:

#### Fostering a Positive School Climate

Addressing targeted violence should be part of a school's larger prevention system that begins with issues such as school climate. In the absence of a safe and positive learning environment, a student may feel disconnected, disregard consequences, and engage in destructive behaviors – conditions that can foreshadow acts of violence or criminality. A supportive learning environment can also help prevent bullying, which in some instances can play a contributing role in school violence.

A positive school climate promotes respectful, trusting, and caring relationships and opens lines of communication, and students may feel more comfortable asking for help or reporting concerns about their peers. Schools can take action to build school connectedness through well-managed classrooms that incorporate positive behavior management strategies, school-based practices that promote inclusion, and positive youth development programs.

Schools also play a critical role in promoting students' health and development and can support children and adolescents by providing access to proper mental health services and resources. These supports can reduce mental, emotional, and behavioral difficulties and lead to better outcomes for students at risk.

#### Intervening to Lessen Harms and Prevent Future Risk

Schools can also work to prevent and prepare for potential acts of targeted violence by implementing other violence prevention strategies and by involving school personnel who are trained to prevent, recognize, and respond to threats of violence. One practice schools may consider is the use of well-trained and diverse multidisciplinary school threat assessment teams. These teams should include certified mental health professionals and the approach should include providing the supports and interventions students need when they need them. Schools may also establish a reporting system that is continually monitored and allows anonymous reporting to help members of the school community provide information on concerning behaviors or suspicious activities.

Some school districts may decide to use school-based law enforcement, including school resource officers (SROs) and other security personnel, to help prevent or mitigate school violence. Implementing an SRO program is a local decision that should be made with significant community input, and school districts should consider the range of options available that best fit their needs.

#### **Implementing Physical Safety and Security Measures**

Schools can also protect against and mitigate targeted violence threats by taking proactive measures to improve the physical security of school grounds, buildings, and classrooms. Physical security should be viewed as part of the broader school safety and security enterprise, with measures that support prevention, response, and recovery efforts and that do not impede upon the educational mission or school climate.

Physical security measures can also mitigate external threats and reduce the amount of harm inflicted if incidents occur. These efforts include the physical design of schools and campuses and the development and ongoing maintenance of preparedness plans. Conducting a site assessment can help schools identify existing vulnerabilities, integrate future security practices, and inform the development of building security plans. Schools can also bolster physical security and safety efforts by working with district and community partners to share information about best practices, potential threats, and mitigation strategies.





## Resources

SchoolSafety.gov offers a variety of resources, guides, and tools that school communities can use to help prevent, protect against, and mitigate targeted violence incidents, including:

#### Guides, Reports, and Informational Materials

- <u>Addressing the Risk of Violent Behavior in Youth</u>: This presentation helps teachers and school personnel identify common risk factors and warning signs associated with violent behaviors as well as strategies to effectively respond to situations of concern.
- <u>Building Peer-to-Peer Engagements</u>: This briefing paper describes how peer-to-peer engagements can help communities build resilience against violence and terrorism and provide critical protective factors for youth.
- <u>Enhancing School Safety Using a Threat Assessment Model</u>: This guide provides actionable steps that schools can take to develop comprehensive targeted violence prevention plans and create processes and procedures for conducting threat assessments.
- <u>K-12 School Security Guide Suite</u>: This set of products is designed to inform safety and physical security planning for K-12 schools. It includes the K-12 School Security Guide (3rd ed.), which provides a comprehensive doctrine and systems-based methodology for vulnerability assessment and planning, and the School Security Assessment Tool, a web-based assessment that walks users through a tailorable vulnerability analysis.

#### Training, Exercises, and Tools

- <u>Active Shooter Preparedness</u>: This webpage offers a comprehensive set of courses, materials, and workshops to better prepare individuals and organizations to deal with an active shooter situation, focusing on behaviors that represent pre-incident indicators and characteristics of active shooters, potential attack methods, how to develop emergency action plans, and the actions that may be taken during an incident.
- <u>Best Practice Considerations for Armed Assailant Drills in Schools</u>: This document provides guidance on factors schools must take into account when conducting armed assailant drills and reflects unique considerations within the school environment, including protecting both the physical and psychological safety of students and staff.
- <u>Crime Prevention Through Environmental Design (CPTED) School Assessment</u>: This tool assesses the use of CPTED principles in three areas of schools: grounds, buildings, and interiors. It includes the principles of natural surveillance, access management, territoriality, physical maintenance, and order maintenance.
- <u>Critical Resources for Handling Bomb Threats</u>: This video details an array of tools and tips to help members of the public effectively respond to bomb threats and discusses basic steps individuals can take to handle bomb threats and make informed risk management decisions to protect people and property.
- <u>Exercise Starter Kits and Tabletop Exercises</u>: These self-conducted tabletop exercises, tailored for the academic community, include a set of scalable tools aimed to test existing emergency plans, protocols, and procedures, while also strengthening preparedness, response, and recovery capabilities in the event of an active shooter situation.
   <u>Tabletop exercise packages</u> are also available on a variety of physical security scenarios geared towards specific facilities, including schools.
- <u>SITE ASSESS</u>: This mobile app, designed specifically for education agencies, allows personnel to walk around buildings and grounds and examine their safety, security, accessibility, and emergency preparedness.







#### Programs, Websites, and Other Resources

- <u>National School Mental Health Best Practices: Implementation Guidance Modules</u>: These resources which include modules containing trainer and participant manuals, slide decks, and recorded virtual learning sessions – are designed to help states, districts, and schools advance comprehensive school mental health, as well as engage in a planning process around implementation of services.
- <u>School Climate Improvement Resource Package</u>: This resource package includes a variety of items to meet a range of needs among public schools and districts interested in improving school climate, including a reference manual, action guides, data resources, and online modules.
- <u>StopBullying.gov</u>: This interagency website provides information from various government agencies on what bullying is, what cyberbullying is, who is at risk, and how schools and individuals can prevent and respond to bullying.
- <u>Supporting Child and Student Social, Emotional, Behavioral, and Mental Health Needs</u>: This guide provides focused information and resources to enhance the promotion of mental health and social and emotional well-being among students. It highlights seven key challenges to providing school- or program-based mental health support across early childhood, K–12 schools, and higher education settings, and presents seven corresponding recommendations.
- <u>Toolkit for Schools: Engaging Parents to Support Student Mental Health and Emotional Well-being</u>: This toolkit is designed to help education leaders and schools raise parent awareness about school connectedness and its role in supporting student mental health and emotional well-being, and why family engagement both in and out of school is important. It includes background information, sample social media posts, social media graphics, and newsletter text.
- <u>988 Suicide and Crisis Lifeline</u>: This program offers 24/7 call, text and chat access to trained crisis counselors who can help people experiencing suicidal, substance use, and/or mental health crisis, or any other kind of emotional distress. The corresponding webpage provides additional resources and information for strengthening suicide prevention and mental health crisis services.



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