



ALICE and Personal Safety Skills Curriculum

Empower every individual in your staff to prepare for and respond to high-stress emergencies and acts of violence with courage and resilience.

ALICE and Personal Safety Skills Curriculum

Safety education for everyone that can be used anywhere.



SAFETY EDUCATION WITH PURPOSE

Protect your employees no matter where they are



EXPERTLY CURATED COURSES

Aligned with SAMHSA & NASP



ALICE TRAINING®

Active shooter response training

Safety education for everyone, everywhere. The flexible course library ensures your employees are prepared to respond to high-stress emergency incidents. Protect your employees while positioning them to help mitigate risk.

The evolving ecosystem of on-demand safety preparedness courses will allow you to provide critical education beyond expectations. The expertly curated, engaging eLearning keeps your team protected and your organization prepared.

ALICE



The ALICE Active Shooter Response Training Program takes a trauma-informed approach to active threat response training and should be taken by every employee. Reduce anxiety and mitigate risk with an empowered team that knows safety is an organization's priority.

This course has four modules:

✓ Introduction

- Teacher testimonial
- What is a violent critical incident & what is ALICE
- Why this training is vital: Stats, research, empirical data
- The emphasis on age-appropriate training

✓ Awareness & Communication strategies

- Situational Awareness
- Alert
- Inform

✓ Response Options Strategies

- Evacuate
- Lockdown
- Counter
- How to lead discussions on decompressing after training

✓ Prepare & Destress

- How to prepare yourself for acts of violence
- How to prepare your students
- How to prepare your space
- What to do to destress to avoid re-traumatizing

Role-Specific Courses Included:

ALICE for Employees
ALICE for Executive Team

ALICE for Human Resources
ALICE for Supervisors/Managers

De-Escalation: How Diffuse Aggression

With anxiety and mental health crises on the rise, it is imperative to understand how to diffuse a situation before it escalates. This course is designed to prepare individuals to recognize and diffuse aggression in others.

This course will take approximately 40 minutes and can be taken by anyone in a K-12 or business setting who wants to learn how to diffuse aggression. This course is made up of five modules and a quiz:

- Understanding Your Brain's Role in Conflict
- You Can Control Emotional Reactions
- Decoding Nonverbal Messages
- Own What You Say
- Figure It Out
- Post Test



How to Properly Call 911

Calling 911 is not something most people often do. Ensure you know when to call and what to say when it counts.

This course will take approximately 15 minutes and is intended for workplace employees and K-12 staff and faculty.

In this course, users will learn details about:

- What to share when calling 911
- When it is appropriate to call 911
- How to avoid calling by mistake
- Teaching children to contact 911 (if needed)

By the end of this course, learners will be able to make an emergency call and get help faster should the situation ever require them to do so.



Extreme Survival Stress

Stress and anxiety are prevalent in any organization. Add in the violence and threats common in today's communities, and expecting every employee to instinctually know how to handle themselves in an emergency would be remiss.

These courses will take approximately 10 minutes each and can be taken by any professional in a K-12 or business setting. It discusses extreme survival stress, how to prepare for it, and how to overcome it with tactical breathing. Learners will be able to define extreme survival stress, understand how to prevent it and identify how to overcome it.

There are five modules in this course:

- What Is Extreme Survival Stress
- Physiology of Extreme Survival Stress
- Preparing for Extreme Survival Stress
- Overcoming Extreme Survival Stress
- Quiz



Situational Awareness

Understanding your environment can be the piece of information that helps you avoid an emergency rather than becoming an unwilling participant in a crisis.

This course will teach learners in a K-12 setting about situational awareness and will take approximately 45 minutes. The learner will be able to recognize what is out of place in their environment and recognize behavioral anomalies in others. This course discusses how normalcy bias and trusting your intuition can contribute to awareness of a potential situation.

The course will:

- Define situational awareness & how it works
- Cover Cooper's Color Code of Awareness
- Provide key terminology behind awareness, such as focus lock
- Define the 20/10 rule
- Outline pre-attack indicators
- Discuss freeze, flight or fight





Recovery: Trauma Response

The time to create a recovery plan is not during recovery. Solidify your trauma-recovery planning now to make sure you have things in place when you need them.

This course will guide you through successfully creating a recovery strategy for your organization in the event of a violent critical incident. It includes resources that will make your recovery and trauma-response planning process organized and up to date.

Learners will:

- Prepare for what to do in the hours following a violent critical incident & beyond
- Apply healthy coping mechanisms & healing activities for dealing with trauma
- Construct a plan for post-incident requirements, including how to handle the media, memorials, anniversaries & safety drills

This interactive course includes seven modules:

- Introduction & Defining Trauma
- Preparedness Timeline
- Coping & Healing
- Media Coverage
- Moving on
- Anniversaries
- Safety Drills Post-Incident & Summary



The evolving ecosystem of the Navigate360 Training Institute will help you stay ahead of safety expectations with a prepared team and engaged student population. Don't wait to connect your organization community with courses to prepare for and respond to acts of violence and high-stress emergencies — learn more about the pinnacle of safety training today.

alicetraining.com

ALICE *a solution of*
Navigate360
Building safer tomorrows.