Introduction

Thank you for attending the School Safety and Security Training session. Within this document you will find links to resources, programs, articles, and videos that were discussed in the training along with reference material used during the creation of the training. You will also find additional resources contained within this document to provide you with a deeper understanding of each topic. There are descriptions provided for each of the links to give you more context. You will find that this document follows the order that each topic was introduced in the training.

Leadership and Appropriate Staffing

For those interested in looking deeper into the subjects covered in this training, there are an extensive range of resources available through avenues such as:

Leadership

- Center for Safe Schools - Center for Safe Schools (CSS) is committed to supporting schools, educators, parents, law enforcement, community partners, and local agencies to develop and practice emergency management and crisis response plans, create positive school climates, implement evidence-based programs, and establish proactive safety measures. Their services address threat assessment, emergency management, crisis management, mental health first aid training, and social and emotional learning. Center for Safe Schools is an initiative of Center for Schools and Communities, a division of Central Susquehanna Intermediate Unit.
- Readiness and Emergency Management for Schools - The U.S. Department of Education's Office of Safe and Supportive Schools has administered the REMS TA Center to serve two critical functions aimed at helping education agencies, with their community partners, manage safety, security, and emergency management programs.
- Cybersecurity & Infrastructure Security Agency - CISA, along with other organizations throughout government, law enforcement, and communities nationwide, supports K-12 schools and districts in their efforts to enhance school safety and security.
- PA Commission on Crime and Delinquency – School Safety and Security resources – Information about PA safety and security resources can be found here.
- SchoolSafety.gov - SchoolSafety.gov was created by the federal government to provide schools and districts with actionable recommendations to create safe and supportive learning environments for students and educators.
- U.S. Secret Service National Threat Assessment Center Publications and Toolkits - The National Threat Assessment Center (NTAC) was established as a component of the Secret Service in 1998 to provide research and guidance in direct support of the Secret Service protective mission, and to others with public safety responsibilities.
- Safe2SayPa.org - Safe2Say Something is a youth violence prevention program run by the Pennsylvania Office of Attorney General. The program teaches youth and adults how to

recognize warning signs, especially within social media, from individuals who may be a threat to themselves or others and to "say something" BEFORE it is too late.

Resources from the Pennsylvania Department of Education:

- National Center on Safe Supportive Learning Environments - The National Center on Safe Supportive Learning Environments is funded by the U.S. Department of Education, Office of Elementary and Secondary School's Office of Safe and Supportive Schools. The Center offers information and technical assistance to states, districts, schools, institutions of higher education, and communities focused on improving school climate and conditions for learning.
- National School Climate Center - The National School Climate Center (NSCC) is a nationally recognized organization that promotes safe, supportive, learning environments that nurture social and emotional, civic, and academic growth for all students through a variety of holistic offerings. NSCC works with educators by providing expertise to educators by providing expertise to K-12 schools, districts, and states.
- WestEd - A nonpartisan research, development, and service agency, works with education and other communities to promote excellence, achieve equity, and improve learning for children, youth, and adults.
- Alliance for the Study of School Climate - Their mission is to help schools improve the climate and function of their organizations from the inside.

Resources for oversight of school personnel:

- PDE Training Information – This page provides links to training pages for School Police Officers, School Resource Officers, and School Security Guards
- 2023 – 2024 – State Mandates – This document provides a list of state mandates for Public School Districts provided by Bucks County Intermediate Unit.

Appropriate Staffing

Overview of the mandatory school and security training:

- Child abuse recognition and reporting – This link directs you to codes section of findlaw.com relating to the requirements of child abuse recognition and reporting training.
- Threat assessment team training – This link directs you to the PCCD Act 18 Resources for PA School Entities webpage. You will find information on model threat assessment procedures and guidelines, guidance on communication and information on confidentiality, the PCCD threat assessment case management form, and more.
- Trauma-informed approach for certificated staff and board of directors - This link directs you to the codes section of findlaw.com relating to the requirements of trauma-informed education.

- Suicide awareness and prevention for educators in grades 6-12 – This link directs you to the Pennsylvania Department of Education's webpage on Act 71 – youth suicide awareness and prevention. This page provides links to additional information and resources to a plethora of websites relating to suicide awareness and prevention.
- CPR/AED – This link directs you to codes section of findlaw.com relating to the requirements of cardiopulmonary resuscitation. A key takeaway for you is that there must be at least one person certified in the use of cardiopulmonary resuscitation during regular school hours when school is in session and students are present.
- Positive behavior support – This link directs you to the Pennsylvania Code regarding Positive Behavior Support. You will find requirements related to this topic on this website.
- Training requirements for school security personnel - This link directs you to the Pennsylvania Department of Education's webpage on Act 67 – Police and SROs. This page provides direction to school entities and non-public schools about the training and credentials that are required for school security personnel to be armed within the scope of their employment.

Additional resources:

- EAB - Most strategic plans fail to set useful goals. Why these mistakes make it impossible to meet institutional objectives - August 2023 – This blog post seeks to stress setting realistic goals and to focus on activities rather than outcomes when developing plans.
- 6 Tips to Ensure Employees Feel Well Informed - Washington Post - March 2020 – Article in the Washington Post that focuses on communication and the impact of communication on employees.
- Pennsylvania Department of Education - School Climate - General Resources – This link will direct you to the Pennsylvania Department of Education's General Resources webpage. This page provides links to multiple webpages dedicated to school climate ideas, resources, and tools.
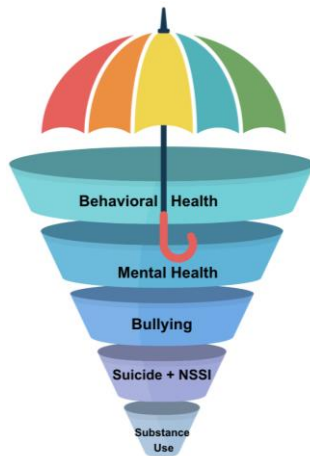
Trauma Informed Approaches

For those interested in looking deeper into the subjects covered in this training, there are an extensive range of resources available through avenues such as:

- PDE Trauma Resources - These pages contain resources for parents, educators, and professionals serving children and youth in school and community settings.
- National Child Traumatic Stress Network - The National Child Traumatic Stress Network (NCTSN) was created to raise the standard of care and increase access to services for children and families who experience or witness traumatic events.
- SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach - As the concept of a trauma-informed approach has become a central focus in multiple service sectors, SAMHSA desires to promote a shared understanding of this concept. The working definitions, key principles, and guidance presented in this document represent a beginning step toward clarifying the meaning of this concept.

- PCCD Model Trauma-Informed Approach Plan – This link directs you to a document that provides guidelines for school entities on Trauma Informed Approaches.
- PSBA Trauma-Informed Approach Policy Checklist – The Pennsylvania School Boards Association has created a checklist to help with the recommendations for creating a trauma-informed approach policy.
- Empowerment through Common Language in Pennsylvania: A Dictionary of Terms Related to Trauma-Informed Approaches in Schools – From the Pennsylvania Department of Education, this site provides a common language document to ensure that regardless of background, training, educational level or setting, team members are "speaking the same language."
- Crisis Lines for Pennsylvania Counties – Suicide Prevention Lifeline contact information for Pennsylvania counties. It lists website information, phone numbers and crisis services phone numbers.

Links to the Trauma Informed Umbrella:

- Definition of Behavioral Health
- Definition of mental health from SAMHSA
- Definition of bullying from stopbullying.gov
- national suicide prevention hotline and chat
- Definition of Substance use

Videos used in this training section:

- Understanding ACEs - In this video of the ACEs Storytelling series, you will hear from California's first female Surgeon General, Dr. Nadine Burke Harris about the science behind Adverse Childhood Experiences and toxic stress and why there is hope for healing—at any age.
- Explaining the Brain to Children and Adolescents - Allison Sampson Jackson explains how to teach about the brain. She explains how trauma impacts the brain and how that trauma impacts how they respond to the world.

Here are resources to help with caring for your own mental health:

- [Caring for your Mental Health](#) – The National Institute of Mental Health provides information on self-care, seeking professional health, and what to do in a crisis. There are also videos, fact sheets and more.

References for materials used in the training:

Perfect, M. M., Turley, M. R., Carlson, J. S., Yohanna, J., & Saint Gilles, M. P. (2016). School-Related Outcomes of Traumatic Event Exposure and Traumatic Stress Symptoms in Students: A Systematic Review of Research from 1990 to 2015. School Mental Health, 8(1), 7-43. https://doi.org/10.1007/s12310-016-9175-2

Crosby, Shantel D. LMSW, PhD; Howell, Penny B. EdM, EdD; and Thomas, Shelley MAT, EdD (2020)"Teaching through Collective Trauma in the Era of COVID-19: Trauma-informed Practices for Middle Level Learners," Middle Grades Review: Vol. 6 : Iss. 2 , Article 5. Available at: https://scholarworks.uvm.edu/mgreview/vol6/iss2/5

Hawke, L. D., Hayes, E., Darnay, K., & Henderson, J. (2021). Mental health among transgender and gender diverse youth: An exploration of effects during the COVID-19 pandemic. Psychology of Sexual Orientation and Gender Diversity, 8(2), 180. Pennsylvania Commission on Crime and Delinquency. Pennsylvania Youth Survey 2021. Available at: https://www.pccd.pa.gov/Juvenile-Justice/Documents/2021%20PAYS/PAYS-Highlight-Report-2021-V6.PDF

Perry, B & Winfrey, O. (2021) What happened to you? conversations on trauma, resilience and healing. Flation Books

Bloom, S. L. (1994). The Sanctuary Model: Developing Generic Inpatient Programs for the Treatment of Psychological Trauma. Handbook of Post-Traumatic Therapy, A Practical Guide to Intervention, Treatment, and Research. M. B. Williams and J. F. Sommer, Greenwood Publishing: 474-491. p.476

Pennsylvania Commission on Crime and Delinquency School Safety and Security Committee. (2019). Model Trauma-Informed Approach Plan: Guidelines for School Entities.

American Psychological Association Zero Tolerance Task Force. (2008). Are Zero Tolerance Policies Effective in the Schools? American Psychologist Vol. 63, No. 9, 852–862 DOI: 10.1037/0003-066X.63.9.852

Behavioral Health Awareness

For those interested in looking deeper into the subjects covered in this training, there are an extensive range of resources available through avenues such as:

- [Pennsylvania Network for Student Assistance Services](#) - The mission of the Pennsylvania Network for Student Assistance Services is to provide leadership for developing a safe and drug-free environment and mental health wellness in schools and communities across the commonwealth. Barriers to learning will be removed and student academic achievement will be enhanced through collaborative prevention, intervention, and postvention services.
- [National Center for School Mental Health](#) - The mission of the National Center for School Mental Health (NCSMH) is to strengthen policies and programs in school mental health to improve learning and promote success for America's youth.
- [Child Mind Institute](#) – The leading independent nonprofit in children's mental health, operating three Mission Areas that work together for greater impact: Care, Education and Science.

- National Alliance on Mental Illness (NAMI) - The nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

- PA Standards Aligned System (SAS): Safe and Supportive Schools - The Pennsylvania Department of Education's Office for Safe Schools coordinates school safety and security programs, collects the annual school violence statistics, coordinates antiviolence efforts, and develops policies and strategies to combat school violence.

- PA Department of Education: Office for Safe Schools – The Office for Safe Schools, works collaboratively with Pennsylvania school communities and stakeholders to advance efforts to develop and sustain equitable trauma-informed learning environments that promote and support the academic, physical, and psychological safety and well-being of all students and staff.

- Outpatient Mental Health and Substance Use Disorder Treatment Services in Schools: Considerations for Schools and Providers – Information on Youth Behavioral Health in Pennsylvania.

Direct Links to Crisis Resources:

- Suicide and Crisis Lifeline - Call or **Text 9-8-8**, 24-7 provides free and confidential support to people in suicidal crisis or emotional distress.
- Crisis Text Line - **Text PA to 741-741** to connect with a volunteer Crisis Counselor, 24-7.
- Trevor Project - 24-7 support from trained counselors for young people in the LGBTQ+ community thinking of harming themselves. Call **1-866-488-7386** or text **678-678**.
- Safe2Say Something Program - Crisis Center for anonymous reporting of concerns for individuals at risk of hurting themselves or others and provides connection to intervention and support. Call Safe2Say at **1-844-SAF2SAY** or report through the Safe2Say app.

Information about the Child Protective Services Law, Mandated Reporting, and How to File a ChildLine Report:

- PA Families Inc. Mandated Reporting – Making sense of the mandated reporting process in Pennsylvania.
- Keep Kids Safe - Trained specialists are available 24/7 to receive referrals of suspected child abuse and general child well-being concerns.

Definitions for psychology terminology:

- Dictionary of psychology – The American Psychological Association has provided a dictionary related to mental health.

Find out more about why good nutrition and physical activity are important:

- PA DOH Nutrition Site – Information about nutrition and a healthy lifestyle.

- PDE Site for Support – Food and Nutrition programs and initiatives can be accessed here.
- CDC - 2022, June - Benefits of physical activity – Information on how physical activity can have a positive impact on overall health.

Find information on Multi-Tiered System of Supports and Positive Behaviors Interventions as supports:

- PaTTAN - Multi Tiered System of Support - Pennsylvania's Multi-Tiered System of Support (MTSS) is a standards-aligned, comprehensive school improvement FRAMEWORK for enhancing academic, behavioral, and social-emotional outcomes for ALL students.
- Center on MTSS (2023). *Essential components of MTSS* – Links to components and related resources for MTSS

Other helpful resources

- Search Institute - Developmental Relationships Framework – Search Institute partners with organizations to conduct and apply research that promotes positive youth development and advances equity.
- NIH - Caring for your Mental Health – Tips and resources for helping you get started with self-care.
- Helping children get a good night's sleep. Monitor on Psychology – Evidence-based interventions that can provide life-changing help.
- American Medical Association (2023) – What experts are saying about behavioral health and benefits to incorporating behavioral health services.

References

Damour, L. (2023). *The emotional lives of teenagers. Raising connected, capable and compassionate adolescents.* Ballantine Books.

Walker, M. (2017). *Why we sleep: The new science of sleep and dreams*. Penguin UK.

Bullying and Suicide

For those interested in looking deeper into the subjects covered in this training, there are an extensive range of resources available through avenues such as:

Bullying

- Safe2Say Something Program - Crisis Center for anonymous reporting of concerns for individuals at risk of hurting themselves or others and provides connection to intervention and support. Call Safe2Say at **1-844-SAF2SAY** or report through the Safe2Say app.
- Cyberbullying Research Center – Resources, laws, research, and other information regarding cyberbullying.
- Common Sense Media – Ratings and reviews of movies, television, books, games, podcasts, and apps that parents can trust.
- NetSmartzkids - NetSmartz is an online safety education program. It provides age-appropriate videos and activities to help teach children 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.
- Stopbullying.gov – An official website of the US Government on bullying identification and prevention

Links to references in the training program

- DHHS, 2021b - What is Cyberbullying – Stopbullying.gov webpage provides an overview of cyberbullying identification and prevention.
- CDC, 2021 - Fast Facts: Preventing Bullying - Center for Disease Prevention and Control provides information related to bullying and bully prevention.
- Cyberbullying Research Center, Cyberbullying: Identification, Prevention and Response – Informational PDF that provides information on how cyberbullying differs from traditional bullying and ways that parents, youths, and schools can combat it.
- Trevor Project, 2021 - Bullying and Suicide Risk among LGBTQ Youth – The Trevor Project's 2021 National survey on LGBTQ Youth Mental Health, this brief explores bullying among LGBTQ middle and high school students including how experiences of bullying are associated with suicide risk and LGBTQ-affirming schools.
- Koyanagi et al., 2019 - NIH - Bullying Victimization and Suicide Attempt Among Adolescents Aged 12-15 – The National Library of Health's study on data from the past 12 month suicide attempts and past 30 day bullying.
- Webb et al., 2021 - NIH - Electronic and School Bullying Victimization by Race/Ethnicity and Sexual Minority Status in a Nationally Representative Adolescent Sample - The purpose of the study was to examine the prevalence of electronic and school bullying victimization in sexual and racial/ethnic minorities in a nationally representative U.S. sample of high school students.
- Trevor Project, 2023 - U.S. National Survey on the Mental Health of LGBTQ Young People - The Trevor Project's 2023 U.S. National Survey on the Mental Health of LGBTQ Young People amplifies the experiences of more than 28,000 LGBTQ young people ages 13 to 24 across the United States.
- DHHS, 2018 - Consequences of Bullying – Research on children and adolescents who have been bullied and the possible psychological, physical, and academic effects.
- CDC, 2023 - Fast Facts: Preventing Adverse Childhood Experiences – The consequences and prevention of adverse childhood experiences.
- DHHS, 2021c - Effects of Bullying – This article speaks to the fact that bullying can affect everyone—those who are bullied, those who bully, and those who witness bullying. Bullying is

linked to many negative outcomes including impacts on mental health, substance use, and suicide.

- PCCD Threat Assessment Manual Second Edition (2022) – This PDF from the Pennsylvania Commission on Crime and Delinquency School Safety and Security Committee provides the model K-12 threat assessment procedures and guidelines.

Suicide

National Resources:

- Youth Suicide Warning Signs – Comprehensive list of youth warning signs and response options for youth, healthcare providers, parents/caregivers, and gatekeepers. School personnel would be considered to be in the role of gatekeeper.

National Crisis Resources:

- 988 Suicide & Crisis Lifeline or **call 988** - The 988 Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, seven days a week in the United States.
- Crisis Text Line or **TEXT 741-741** - Text HOME **to 741741** from anywhere in the United States, anytime. Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds from their secure online platform.
- The Trevor Project Lifeline for LGBTQ+ Youth: or call **1-866-488-7386** or **text 678-678** - If you are thinking about harming yourself — get immediate crisis support. Connect to a crisis counselor 24/7, 365 days a year, from anywhere in the U.S via text, chat, or phone. The Trevor Project is 100% confidential and 100% free.
- American School Counselor Association (ASCA) Information-Gathering Tool: Suicide Concern - The suicide informational questionnaire is a guide for having a conversation with a student, not an interview. The priority is to connect with the student and the student's immediate concerns and needs.

Pennsylvania Resources:

- Safe2Say Something Program - Crisis Center for anonymous reporting of concerns for individuals at risk of hurting themselves or others and provides connection to intervention and support. Call Safe2Say at **1-844-SAF2SAY** or report through the Safe2Say app.
- Preventsuicidepa.org - Supports those who are affected by suicide, provides education, awareness, and understanding by collaborating with the community to prevent suicide, and reduce the stigma associated with suicide.
- Model Youth Suicide Awareness and Prevention Policy - A Pennsylvania Department of Education tool for helping school entities develop their Youth Suicide Awareness and Prevention Policy.
- Model Suicide Awareness and Prevention Administrative Regulation – This administrative regulation was developed for school entities to use as an additional resource when

developing/implementing their own Youth Suicide Awareness and Prevention Policies.

Additional References & Resources

National Organizations/Resources:

- American Association of Suicidology (AAS) – The AAS's mission is to promote the understanding and prevention of suicide and support those who have been affected by it.
- American Foundation for Suicide Prevention (AFSP) – A website where you can learn about suicide, how you can help prevent it and resources for those affected by it.
- Cdc.gov - The Centers for Disease Control and Prevention's suicide prevention webpage. It provides facts, data, risk and protective factors, and prevention strategies regarding suicide.
- Columbia Lighthouse Project – Preventing Suicide and Violence with the Columbia Protocol.
- Nevada Division of Public and Behavioral Health Office of Suicide Prevention – Myths and facts of youth suicide.
- Suicide Prevention Resource Center (SPRC) - SPRC advances suicide prevention infrastructure and capacity building through: consultation, training, and resources to enhance suicide prevention efforts in states, Native settings, colleges and universities, health systems and other settings, and organizations that serve populations at risk for suicide. They also provide support for Zero Suicide, an initiative based on the foundational belief that suicide deaths for individuals under care within health and behavioral health systems are preventable. The initiative provides information, resources, and tools for safer suicide care.

- Substance Abuse and Mental Health Services Administration (SAMHSA) Preventing Suicide: A Toolkit for High Schools - This toolkit assists high schools and school districts in designing and implementing strategies to prevent suicide and promote behavioral health. The toolkit includes tools to implement a multifaceted suicide prevention program that responds to the needs and cultures of students.

Pennsylvania Organizations/Resources:

- Aevidum – is a non-profit organization that empowers youth to shatter the silence surrounding depression, suicide, and other issues facing teens.

County Task Force Resources: By county, available contact information is provided for crisis, the Suicide Prevention Task Force, local chapter of AFSP, and other local mental health/suicide prevention resources:

- Jana Marie Foundation – Helps to knock down walls and transform emotional distress into resilience and hope.
- PA Department of Education – Student programs and resources regarding suicide awareness and prevention.
- PA Department of Human Services: Suicide Prevention – Information on the suicide prevention task force. This site has links to additional resources for county task forces and mental health and suicide prevention.

- [PA Statewide Suicide Prevention Plan](#) – A comprehensive report from September 2020 on Pennsylvania's statewide suicide prevention plan.
- [PA Youth Survey](#) – 2021 State Report (See "Bullying and Depression/Suicide")
- [Services for Teens at Risk (STAR-Center)](#) - is a suicide prevention program for teens and young children within the Division of Child and Adolescent Services at Western Psychiatric Institute and Clinic and the Department of Psychiatry, University of Pittsburgh.

References Bullying and Suicide:

Centers for Disease Control, (2021, September 2). *Fast fact: preventing bullying.*
https://www.cdc.gov/violenceprevention/youthviolence/bullyingresearch/fastfact.html

Centers for Disease Control, (2023). *Fast Facts: Preventing Adverse Childhood Experiences.*
https://www.cdc.gov/violenceprevention/aces/fastfact.html

Centers for Disease Control (2023), Risk and Preventative Factors for Suicide. https://www.cdc.gov/suicide/factors/index.html

Cyberbullying Research Center (2021). *Cyberbullying: Identification, prevention, and response.*
https://cyberbullying.org/Cyberbullying-Identification-Prevention-Response-2021.PDF

Koyanagi, A., Oh, H., Carvalho, A. F., Smith, L., Haro, J. M., Vancampfort, D., … & DeVylder, J. E. (2019). Bullying victimization and suicide attempt among adolescents aged 12–15 years from 48 countries. *Journal of the American Academy of Child & Adolescent Psychiatry*, 58(9), 907-918 https://pubmed.ncbi.nlm.nih.gov/30926574/

Patchin, J. W., & Hinduja, S. (2015). Measuring cyberbullying: Implications for research. *Aggression and Violent Behavior*, *23*, 69-74.

Porges, S. W. (2022). Polyvagal theory: a science of safety. *Frontiers in integrative neuroscience*, *16*, 27.
https://www.frontiersin.org/articles/10.3389/fnint.2022.871227/full?fbclid=IwAR1qtL6FhiAqEPFFU1G-R2pm70rUTx9EbJIyEHJTZV0KeHHTgkiUxm2Zj-g

State of Pennsylvania (2021). *Pennsylvania youth survey*. https://www.pccd.pa.gov/Juvenile-Justice/Documents/2021%20PAYS/County%20Reports%202021%20PAYS/State%20Reports_State%20of%20Pennsylvania%20Profile%20Report.PDF

Trevor Project (2021). *National Survey on LGBTQ Youth Mental Health.* https://www.thetrevorproject.org/research-briefs/bullying-and-suicide-risk-among-lgbtq-youth/

Trevor Project (2023). *National Survey on the Mental Health of LGBTQ Young People.* https://www.thetrevorproject.org/survey-2023/

U.S. Department of Health and Human Services. (DHHS). (2017, September 8). *Build a safe environment.*
https://www.stopbullying.gov/prevention/build-safe-environment

U.S. Department of Health and Human Services. (DHHS) (2018, July 30) *Consequences of Bullying.*
https://www.stopbullying.gov/resources/research-resources/consequences-of-bullying

U.S. Department of Health and Human Services. (DHHS). (2021a, September 9). *Facts about bullying*. StopBullying.gov.
https://www.stopbullying.gov/resources/facts#_Fast_Facts

U.S. Department of Health and Human Services. (DHHS) (2021b, November 5). *What is cyberbullying*?
https://www.stopbullying.gov/cyberbullying/what-is-it

U.S. Department of Health and Human Services. (DHHS). (2021c, May 21). *Effects of Bullying.* https://www.stopbullying.gov/bullying/effects

U.S. Department of Health and Human Services. (2021d, May 21) *Bystanders are Essential to Bullying Prevention and Intervention.* https://www.stopbullying.gov/resources/research-resources/bystanders-are-essential

U.S. Department of Health and Human Services. (DHHS) (2021e, March 30). *Why do some youth bully?* https://www.stopbullying.gov/bullying/why-some-youth-bully

Webb, L., Clary, L. K., Johnson, R. M., & Mendelson, T. (2021). Electronic and school bullying victimization by race/ethnicity and sexual minority status in a nationally representative adolescent sample. *Journal of Adolescent Health*, 68(2), 378-384. https://pubmed.ncbi.nlm.nih.gov/32654837/

Substance Use Awareness

For those interested in looking deeper into the subjects covered in this training, there are an extensive range of resources available through avenues such as:

- Office for Safe Schools – Pennsylvania Department of Education's webpage on alcohol and other drugs. This site provides information on community partners, PAYS and training resources for alcohol, opioid use prevention and program listings.
- DDAP – Substance Use Prevention Resources for Schools – This site shares information on school-based prevention and selecting and implementing prevention resources.
- DDAP – Substance Use Disorder Treatment – This site helps to quickly identify treatment resources for individuals who are ready to start their recovery journey.
- DDAP – Substance Use Prevention Resources for Parents/Guardians – This site shares information for parents/guardians to be able to understand risks of substance use, strategies to keep youth healthy and safe and resources for parents/guardians.
- National Institute on Drug Abuse (NIH) - Resources for Parents and educators to find the latest science-based information about drug use, health, and the developing brain. Designed for young people and those who influence them—parents, guardians, teachers, and other educators—these resources inspire learning and encourage critical thinking so teens can make informed decisions about drug use and their health.
- NIH – Mind Matters Series - Mind Matters invites young teens to take a scientific journey to learn about the brain's complex responses to specific drugs, including cocaine, inhalants, K2/Spice and Bath Salts, marijuana, methamphetamine, nicotine, opioids, and prescription stimulants.
- One Pill Can Kill – United States Drug Enforcement Administration resources for understanding dangers of fentanyl.
- 2021 PAYS State Report Snapshot - A compilation of 11 different infographics on substance use and mental health facts.
- Commonly Used Drugs – A reference chart from the National Institute on Drug Abuse of commonly used drugs for potential of misuse or addiction.
- Adolescent and School Health – The CDC's webpage on how schools can help youth feel more connected to lessen the likelihood of youth engaging in risky substance use behaviors.

On specific topics, the following can provide an entry point into subject areas:

Get Help Now:

- [PA 211](#) - Get Connected. Get Help. Need help and don't know where to start? Find resources to help you with your substance use disorder, utilities bill, housing, food, employment, and more - all across PA.

Student Assistance Program:

- [Student Assistance Program in Pennsylvania](#) – (PNSAS) Pennsylvania's Network for Student Assistance. Learn more about Student Assistance Program (SAP) here.
- [SAMHSA - Talk. They Hear You.](#) - *National school and educator resources, including* the SAP Webinar Series.

Substance Use Prevention Programs:

There are a variety of substance use prevention programs that can be implemented in schools. Examples of evidence based/informed prevention programs include:

- [Botvin Life Skills Training (LST)](#) – Evidence-based prevention programs for schools, families, and communities. They provide information on research, programs, training information and resources.
- [Model Opioid Prevention Curriculum](#) – PDE's collaborative effort between the Drug Enforcement Administration and Discovery Education, Operation Prevention educates students about the impacts of opioids and helps kick-start lifesaving conversations in the home and classroom.
- [Positive Action](#) - Positive Action is based on the intuitive philosophy that we feel good about ourselves when we do positive actions. This organization provides research, products, services and support for school climate, drug prevention, bullying and more for PK-12.
- [Project Towards No Drug Abuse](#) - Project TND is a drug abuse prevention program that targets high school-age youth. It was developed by Steve Sussman, Ph.D. and staff at the Institute for Health Promotion and Disease Prevention Research, in the Keck School of Medicine at the University of Southern California.
- [The Incredible Years](#) - offers a variety of evidence-based early intervention programs for parents, teachers, early childhood educators, counselors, and other professionals who work with children ages 0-12.
- [Too Good for Drugs](#) - *Too Good* is a comprehensive family of substance use prevention, violence prevention, and nutrition education curricula designed to build protection within the child to mitigate the risk factors associated with risky behavior and promote the protective factors associated with healthy decision making. *Too Good* develops a foundation of self-efficacy and interpersonal skills to establish and promote setting reachable goals, making responsible decisions, communicating effectively, identifying and managing emotions, and bonding with pro-social peers in addition to peer pressure refusal, problem solving, conflict resolution, and media literacy.

Nicotine Resources:

- [The PA Free Quitline](#) - (**1-800-QUIT-NOW**) is a telephone-based tobacco cessation counseling service offering up to five free coaching calls along with free nicotine replacement therapy to those who are medically qualified. This service includes text messaging as well.

- Tobacco Free Adagio Health - Provides education and cessation resources related to nicotine and tobacco use across the lifespan.

Teen Nicotine Cessation:

- Teen Quitting Guide - Adagio Health has created this to help teens and young adults quit tobacco and nicotine products. This guide provides teens with tools, resources, and techniques to motivate them through their journey to a nicotine free life.

Vaping Resources:

- Signs and Symptoms of Vaping Addiction – A PDF from the PA Care Partnership about vaping signs and symptoms
- Campaign for Tobacco-Free Kids – Informational PDF from the CDC about electronic cigarettes.
- Talk with Your Teen About E-cigarettes – Tip sheet for parents from the CDC to help parents talk with teems about E-cigarettes.
- Vaping Lingo Dictionary – A helpful PDF from the Truth Initiative regarding vaping lingo.
- Vaping Products Visual Dictionary – The CDC has provided a handy PDF that provides visuals for vaping products and substances.

Marijuana Related Resources:

- What We Know About Marijuana – CDC webpage on marijuana, it's effects and risks.
- Cannabis Drug Facts – Facts, studies, and effects of marijuana use from the National Institute of Health.
- Cannabis Research Report – National Institute on Drug Abuse's research report on the long-term effects of marijuana on the brain.
- Adolescent marijuana use may affect areas that regulate impulsive behavior – An article by Science News Explores on adolescent marijuana use and how that may affect the brain's decision making processes.

Alcohol Related Resources:

- Adolescent Alcohol Misuse – Research-based information on drinking alcohol and its impact from the National Institute on Alcohol Abuse and Alcoholism.
- Alcohol Use and the Adolescent Brain – Harvard Health Blog – Alcohol harms the brain in teem years – before and after that, too.
- Underage Drinking – CDC – Information about underage drinking that includes alcohol use and impacts on health, binge drinking, alcohol, and other substance use, preventing excessive alcohol use, data related to alcohol use, resources and more.

Pennsylvania Specific Opioid Resources:

- Guide to Treating Heroin and Opioid Addiction – Information about treatment, naloxone, drug test strips, responding to an overdose, the Good Samaritan Law, and resources for families.

- The Commonwealth Prevention Alliance Campaign to Stop Opiate Abuse - PA Stop is designed to educate Pennsylvanians about the risks of prescription painkiller and heroin use, the relationship between painkiller and heroin use, and what to do when you need help. They are working to prevent non-medical use of prescription painkillers and, in so doing, to break the connection between heroin and prescription painkillers.

- Overdose Free PA – Local and statewide resources to assist with fighting the opioid overdose crisis.

Additional Resources:

- Generation Rx - the Generation Rx Team offers several services to help promote safe medication-taking practices in the community, to include training and workshops, webinars and presentations and custom materials.
- Heroin and the Opioid Epidemic: From Understanding to Action – The Partnership to End Addiction's comprehensive guide to the Opioid Epidemic – and what you can do about it.
- National Institute on Drug Abuse – Opioids – The website will provide you with research and training along with information on clinical resources regarding opioids.
- Centers for Disease Control and Prevention – Opioid Basics – Information on understanding the opioid epidemic, commonly used terms, prescription opioids, overdose prevention, addiction medicine toolkit and more.
- Centers for Disease Control and Prevention – Medication Safety Program – Information on medication safety basics, the CDC's medication safety program, medicine safety initiatives, and resources.
- Risk and Protective Factors for Youth Substance Use – From youth.gov, this interactive effect of risk and protective factors has substantial implications for the design and implementation of successful preventive interventions. The more a program reduces risk factors and increases protective factors, the more it is likely to succeed in preventing substance abuse among children and youth.
- High-Risk Substance Use Among Youth – The CDC's web page on high-risk substance use includes information on risk factors and prevention strategies.
- PA Parent and Family Alliance - provides assistance and support for all parents and family members of children with mental health issues up to the age of 26.
- Elements of Effective Treatment Programs – youth.gov provides information on the essential components of effective treatment and provides resources to help.

Finding a Treatment Program in PA **1-800-662-HELP (4357).**

The process of quickly finding high-quality treatment is crucial for individuals who are ready to start their recovery journey. Not sure where to start? Below are avenues to help you find treatment for yourself or a loved one. With the right treatment and support services, recovery is not just possible, it is probable. Individuals seeking treatment or substance use support for themselves, or a loved one can call the toll-free PA Get Help Now helpline at **1-800-662-HELP (4357)**.

The free, confidential hotline is available 24 hours a day, 365 days a year, and staffed by trained professionals. **A live chat option** is also available online or via text message at **717-216-0905** for those seeking help who may not be comfortable speaking to a helpline operator.

References

Squeglia LM, Jacobus J, Tapert SF. The influence of substance use on adolescent brain development. Clin EEG Neurosci. 2009 Jan;40(1):31-8. doi: 10.1177/155005940904000110.

Taioli E, Wynder EL. Effect of the age at which smoking begins on frequency of smoking in adulthood. N Engl J Med. 1991 Sep 26;325(13):968-9. doi: 10.1056/NEJM199109263251318.

Viner RM, Taylor B. Adult outcomes of binge drinking in adolescence: findings from a UK national birth cohort. J Epidemiol Community Health. 2007 Oct;61(10):902-7. doi: 10.1136/jech.2005.038117 https://pubmed.ncbi.nlm.nih.gov/29863411/

Corliss HL, Rosario M, Wypij D, Wylie SA, Frazier AL, Austin SB. Sexual orientation and drug use in a longitudinal cohort study of U.S. adolescents. Addict Behav. 2010 May;35(5):517-21. doi: 10.1016/j.addbeh.2009.12.019

Mays D, Gatti ME, Thompson NJ. Sports participation and alcohol use among adolescents: the impact of measurement and other research design elements. Curr Drug Abuse Rev. 2011 Jun;4(2):98-109. doi: 10.2174/1874473711104020098

Monitoring the Future Study – National Survey Results on Drug Use, 1975-2022: Secondary School Students https://monitoringthefuture.org/wp-content/uploads/2022/12/mtf2022.PDF

Panchal, N. Rudowitz, R. and Cox, C. (2022). Recent Trends in Mental Health and Substance Use Concerns Among Adolescents. https://www.kff.org/coronavirus-covid-19/issue-brief/recent-trends-in-mental-health-and-substance-use-concerns-among-adolescents/

youth.gov – warning signs https://youth.gov/youth-topics/substance-abuse/warning-signs-adolescent-substance-abuse#_ftn

2021 PAYS State Report Snapshot https://www.pccd.pa.gov/Juvenile-Justice/Documents/2021%20PAYS/PAYS-Highlight-Report-2021-V6.PDF

D'Amico, E. J., & McCarthy, D. M. (2006). Escalation and initiation of younger adolescents' substance use: The impact of perceived peer use. Journal of Adolescent Health, 39(4), 481–487.

Situational Awareness

For those interested in looking deeper into the subjects covered in this training, there are an extensive range of resources available through avenues such as:

Safe2Say PA information:
- Safe2SayPA - Crisis Center for anonymous reporting of concerns for individuals at risk of hurting themselves or others and provides connection to intervention and support. Call Safe2Say at **1-844-SAF2SAY** or report through the Safe2Say app.
- Submitting an anonymous tip through Safe2Say – Direct link to the Safe2SayPA tip line
- Safe2Say Resource Portal – Direct link to the resource portal where you can find FAQs, support, dashboards, and announcements.
- Safe2Say 2022-2023 Annual Report - PDF of the Safe2Say Something 2022-23 annual report and findings.

If you See Something, Say Something:
- U.S. Department of Homeland Security, If You See Something, Say Something - A national campaign that raises public awareness of the signs of terrorism and terrorism-related crime, and how to report suspicious activity to state and local law enforcement.

Definitions of Situational Awareness:

- [American Psychological Association Definition](#) - Conscious knowledge of the immediate environment and the events that are occurring in it. Situation awareness involves perception of the elements in the environment, comprehension of what they mean and how they relate to one another, and projection of their future states.
- [National Institute of Health Definition](#) - Understanding the current situation. It is the ability to look at a huge variety of data, determine what is relevant, synthesize the data, and act on it. In a mass-casualty event or public health emergency, situational awareness is the ability to collect the correct information, analyze it, and project what will come next, so the appropriate actions can be taken.
- [Pennsylvania Commission on Crime and Delinquency Definition](#) - A mindset of being aware of one's surroundings and identifying potential threats and dangerous situations. It involves knowing what is going on all around by having the ability to identify, process, comprehend and respond to critical elements of information regarding the environment in which one is located.

Videos used or referenced in Training:

- [Evan: Sandy Hook Promise](#) - SHP's mission is to prevent gun violence and other forms of violence and victimization BEFORE they can happen. This video promotes situational awareness by looking deeper into what's happening around you.
- Explaining [Cooper's Color Codes in brief video form](#) – A short demonstration of using Cooper's Colors to a business traveler as a reminder to adopt good situational awareness.
- Explaining [Cooper's Color Codes in longer video form](#) – A full description of mental condition and color codes by Col. Jeff Cooper.
- [How To Prepare for dangerous Situations](#) - Clint Emerson, retired Navy SEAL and crisis management professional, explains how we can prepare for almost any emergency situation by being ultra aware of our surroundings.
- [How Aware Are You? Video](#): Take the Challenge video by If you see something, say something will test you on how well you pay attention to your surroundings.
- [The Fight Flight Freeze Response](#) - This video explains how FFF-responses work, what it does to our body and mind, and how to deal with it.
- [Situational Awareness Matters - Stress: The Nemesis of Situational Awareness](#). - Stress impacts your ability to process information. The higher the stress, the more difficult it can be to capture and process and understand information.
- [The OODA Loop: How to Make Better Decisions Faster](#) - The OODA Loop Decision Making Model is a Mental Model that was originally created by US Colonel John Boyd. The OODA Loop decision making model is the perfect solution if you are wondering how to make better decisions faster to how to make great decisions in general.
- [Washington County (MD) Public Schools - Safety Planning for Staff and Students](#) – A video to use as a safety resource with educating students and staff.

PCCD Threat Assessment information:

- PCCD Threat Assessment Manual Second Edition (2022) – This .PDF from the Pennsylvania Commission on Crime and Delinquency School Safety and Security Committee provides the model K-12 threat assessment procedures and guidelines.
- PCCD Threat Assessment Information and Resources – PCCD's website outlining Threat Assessment training, information and resources for PA School Entities.

Reading on community monitoring:

- Schools: Social Media Surveillance - With concerns about shootings on the rise, schools increasingly turn to social media monitoring tools. These tools are ineffective, and they risk targeting youth of color.
- Social Media Surveillance in Schools: Rethinking Public Health Interventions in the Digital Age - Growing public concern about student safety and well-being has led schools and school districts to contract private companies to implement new technologies that target and surveil students' activity on social media websites. Although innovative solutions for addressing student safety and health are needed, it is unclear whether the implementation of social media surveillance in schools is an effective strategy.
- Why Expensive Social Media Monitoring Has Failed to Protect Schools – Article about Social Media tracking software and its effectiveness.
- How schools search students' social media for threats, and why some experts warn against it – Article about Social Media tracking software and its effectiveness.

Reading on school climate:

- PA Department of Education School Climate website - These pages provide resources that were compiled to assist schools with improving school climate and are organized to be in alignment with a team-driven process that addresses climate as a component of Multi-Tiered Systems of Support (MTSS), or overall school improvement.
- CDC Healthy Schools – School Health Index - The *School Health Index (SHI) Self-Assessment and Planning Guide* is an online self-evaluation and planning tool for schools. The SHI is built on CDC's research-based guidelines for school health programs that identify the policies and practices most likely to be effective in reducing youth health risk behaviors.

Agency Resources:

- PEMA's School and Child Care Safety: Resource Page - PEMA shares all-hazard school planning resources with schools, child care centers, and others. These include all-hazards planning resources, links to additional documents and child-care/day care facility toolkits.
- Guide for Developing High-Quality School Emergency Operations Plans – FEMA's four section guide to emergency operations planning: Principles of emergency management planning; a process for developing, implementing, and refining a school EOP with community partners; form, function and content of school EOPs; 'a closer look' which considers key topics that support school emergency planning.
- Crime Prevention through Environmental Design principles (CPTED): Training Packet – Clicking the link will download a ZIP file to your computer with CPTED instructions, a presentation, resources and a tabletop exercise.

- [(CPTED) Principles: Fact Sheet](#) - A PDF covering how to enhance the security of your K-12 school using an all-hazards approach.
- [Recognize Suspicious Activity](#) - Department of Homeland Security, If you see something, say something provides information on recognizing and reporting suspicious activity.
- [The Pennsylvania Criminal Intelligence Center (PaCIC)](#) – This site provides you information on how to report suspicious activity and tips on how to use the 5 Ws when reporting.
- [Creating Situational Awareness: A Systems Approach](#) - NIH's (National Institute of Health) National Library of Medicine, article that explains in a mass-casualty event or public health emergency, situational awareness is the ability to collect the correct information, analyze it, and project what will come next, so the appropriate actions can be taken.
- [REMS Training Package](#) - Clicking the link will download a ZIP file to your computer with information on how to integrate considerations for students and staff with disabilities.
- [American Red Cross](#) - A PDF on preparing for disaster for people with disabilities and other special needs.
- [FEMA's Guide for All Hazard Emergency Planning](#) – Toolbox of ideas and advice for developing and maintaining an all-hazard emergency operations plan.

Other resources:

- [Toward a Theory of Situation Awareness in Dynamic Systems](#) - Scholarly paper that presents a theoretical model of situation awareness based on its role in dynamic human decision making in a variety of domains. Situation awareness is presented as a predominant concern in system operation, based on a descriptive view of decision making.
- [Situational awareness: Make safe choices](#) - U.S. Army blog post on making safe choices by using situational awareness.
- [Situational Awareness](#) - ALICE Training®, a critical resource for improving school safety within your district, is a research-supported, proactive, option-based active shooter response training program that empowers individuals of all ages and abilities to participate in their own survival in the face of violence. Situational awareness training is at the core of the ALICE program because observations gathered can help inform individuals of which active response strategies can save their lives.
- [Attacks in Crowded Spaces](#) - Ready.Gov webpage provides information on preparing before, surviving during and being safe after an attack.
- [ESPECIALLY SAFE](#) - From Safe and Sound Schools this program to help safety planning teams address the safety and security needs of *all* members of the community.
- [Sandy Hook Promise](#) – Protecting America's children from gun violence in honor of the precious lives that were lost at Sandy Hook Elementary School.
- [A Symbiotic Relationship: The OODA Loop, Intuition, and Strategic Thought](#) – A strategy research paper by Lt. Jeffrey Rule, USMC.

References:

[PNAS - Psychosocial stress reversibly disrupts prefrontal processing and attentional control](#) – Article from PNAS on chronic stress and possible long term effects.

[Understanding the Stress Response](#) – How stress impacts the body and mind during a stressful event.

Physical Assessments and Physical Security

For those interested in looking deeper into the subjects covered in this training, there are an extensive range of resources available through avenues such as:

- [Assessment Criteria (pa.gov)](#) – School Safety and Security Assessment Criteria Toolkit. The toolkit is intended to be used to inform both school entities and assessors as to the state of a school's safety and security preparedness. The criteria are not meant to direct school entities to have all of these best practices in place, but rather to guide school officials with respect to what they may need to do to create a safer, more secure learning environment. The following are links to downloadable/printable documents. These documents can be used by schools and assessors to provide information and facilitate the assessment process.
  - [Overview: Section 1303B of the PA Public School Code of 1949](#)
  - [Use of Assessment Criteria by School Entities](#)
  - [Use of Assessment Criteria by Assessors](#)
  - [Physical Assessment Criteria](#)
  - [Policy and Training Assessment Criteria](#)
  - [Student Assistance Program/Behavioral Health/School Climate Assessment Criteria](#)

- [Pennsylvania State Police Risk and Vulnerability Assessment Team](#) – (RVAT) The Bureau of Criminal Investigation, Domestic Security Division, administers the RVAT program. The RVAT program provides In-depth security vulnerability assessments and options for consideration to improve the security posture of PA public or private facilities, excluding residences. These free assessments will identify practical steps that can better protect each facility.

Readiness and Emergency Management for Schools (REMS) Resources:
- [(CPTED) Principles: Fact Sheet](#) - a .PDF covering how to enhance the security of your K-12 school using an all-hazards approach.
- [Readiness and Emergency Management for Schools (REMS)](#) – Training is a critical component of school safety, security, emergency management, and preparedness. To support you in your training efforts — independent, in-person, and virtual — the REMS TA Center created materials for you to use on your own and/or at your site. These downloadable modules are intended for education agencies to use to train teams and supplement training and exercise programs.
- [K-12 Site Assessment Resources](#) – A PDF that provides resources that may be used by your site assessment team and/or school planning team to improve the safety and security of your school.
- [Culture and Climate Assessments Fact Sheet](#) – A PDF covering school culture and climate assessments in Engagement and Trauma-Informed Schools, Safety, and Environment.
- [Use of Social Media in School Behavioral Threat Assessments](#) – Webinar Resource List that covers topics to include online safety and cyberbullying, threat assessments, school climate and bullying, federal laws and regulations and additional resources.
- [CPTED School Assessment](#) – 2017 – This assessment covers nine sections of assessment to include initial impressions, the grounds, the buildings, the interiors, global impressions,

additional observations, surrounding land use, surrounding land use conditions, and assessment day information.

Video Resources:

- Averting Targeted School Violence – U.S. Secret Service's National Threat Assessment (NTAC) - The key findings of the Safe School Initiative and Threat Assessment in Schools studies are clear and consistent: Individuals contemplating violence often exhibit observable behaviors, and when community members report these behaviors, the next tragedy can be averted. The Secret Service encourages its educational, medical, and public safety partners to review the information within and use it to guide best practices for maintaining a safe and healthy learning environment for all children.

Additional Resources:

- Analysis of Plots Against Schools – U.S. Secret Service analysis of plots against schools report (2021)
- School Safety and Security Guidelines and Checklist - Partner Alliance for Safer Schools (PASS) provides school administrators, school boards and public safety and security professionals with information, tools and insight needed to implement a tiered approach to securing and enhancing the safety of school environments based on their individual needs, nationwide best practices, and making the most effective use of resources available.
- K-12 Security Guide - Cybersecurity and Infrastructure Security Agency – 2022 School crime and violence are complex phenomena that require local education agencies to approach school safety and security through a multidisciplinary lens; applying a systems-based approach to layered physical security can help them create safer environments that promote teaching and learning. This guide provides information to help.
- Physical Security Resources for K-12 Schools PDF (SchoolSafety.gov) – webinar notes from schoolsafety.gov, the Partner Alliance for Safer Schools and the American Institute of Architects Committee on Architecture for Education. The webinar objectives are to provide an overview of strategies and actions school personnel can implement to protect against and mitigate security threats while supporting student mental health and emotional development and to highlight physical security resources available to assist school communities in these efforts.
- School Safety Assessment Interactive PDF - The National Institute of Justice (NIJ) has provided a fillable .PDF for school safety teams to conduct a school safety assessment.

References:

Problem Oriented Guides for Police Problem Solving Tools Series Number 8, U.S. Department of Justice, Community Oriented Policing Services by Diane Zahm

Balancing the Physical and Psychological Safety of Students – This article from EdNews Daily shares information about a balanced approach to School Security

A Framework for Safe and Successful Schools - This joint statement provides a framework supported by educators for improving school safety and increasing access to mental health supports for children and youth.

Emergency Preparedness

For those interested in looking deeper into the subjects covered in this training, there are an extensive range of resources available through avenues such as:

Pennsylvania Emergency Management Agency (PEMA):

- Comprehensive Emergency Management Planner (CEM Planner) – CEM Planner is planning software utilizing a continual preparedness system designed to enhance planning and resource management capabilities. **The CEM planner is temporarily unavailable.**
- PEMA's School and Child Care Safety: Resource Page - PEMA shares all-hazard school planning resources with schools, child care centers, and others. These include all-hazards planning resources, links to additional documents and child-care/day care facility toolkits.
- Integrated Preparedness Calendar – This website will provide you the ability to find all-hazards planning, trainings, and realistic exercises to enhance your overall preparedness capabilities.

Federal Emergency Management Agency (FEMA):

- Multihazard Emergency Planning for Schools Toolkit – This FEMA website provides access to multiple tools for emergency planning. Included are links to courses, a comprehensive preparedness guide, prevention and preparedness resources, mitigation resources, response and recovery resources, sample forms, and more.
- FEMA Emergency Management Institute – FEMA's Independent Study Program offers a wealth of courses. Below are several that you may find to be helpful for your work in emergency planning.
  - IS-100.C: Introduction to the Incident Command System, ICS 100
  - IS-200.C: Basic Incident Command System for Initial Response, ICS 200
  - IS-362A: Multi-Hazard Emergency Planning for Schools – Independent Study Course
  - IS-360: Preparing for Mass Casualty Incidents: A Guide for Schools, Higher Education and Houses of Worship
  - IS-700.B: An Introduction to the National Incident Management System
  - IS-800.D: National Response Framework, An Introduction
- Comprehensive Planning Guide 101 – FEMA's comprehensive guide to developing and maintaining emergency operations plans.

Additional Resources:

- TRAIN PA – TRAIN PA is a gateway into the TRAIN Learning Network, the most comprehensive catalog of public health training opportunities for professionals who serve the citizens of Pennsylvania. TRAIN is a free service for learners from the Public Health Foundation.

- NIMS Implementation Strategy – The Commonwealth of Pennsylvania's National Incident Management Implementation Strategy (2022-2027) is a comprehensive system that guides all levels of government, nongovernmental organizations (NGO), and the private sector to work together to prevent, protect against, mitigate, respond to, and recover from incidents.
- School Safety and Security Guidelines and Checklist - Partner Alliance for Safer Schools (PASS) provides school administrators, school boards and public safety and security professionals with information, tools and insight needed to implement a tiered approach to securing and enhancing the safety of school environments based on their individual needs, nationwide best practices, and making the most effective use of resources available.
- Ready.gov – Department of Homeland Security - Readiness for Disasters. This website has resources for the American people to prepare for, respond to, and mitigate emergencies and disasters.
- REMS Training Package - Clicking the link will download a ZIP file to your computer with information on how to integrate considerations for students and staff with disabilities.
- American Red Cross - A PDF on preparing for disaster for people with disabilities and other special needs.
- Readiness and Emergency Management for Schools (REMS) – Training is a critical component of school safety, security, emergency management, and preparedness. To support you in your training efforts — independent, in-person, and virtual — the REMS TA Center created materials for you to use on your own and/or at your site. These downloadable modules are intended for education agencies to use to train teams and supplement training and exercise programs.
- FEMA/NIMS - National Incident Management System, Third Edition, October 2017 – This document is organized into three major components: Resource Management, Command and Coordination and Communications and Information Management. They represent a building-block approach to incident management.
- FEMA - National Preparedness webpage – FEMA defines a series of preparedness elements that are needed to achieve a secure and resilient nation.
- University of Nevada, Reno - Organizational-Resilience phases – This site reviews the five phases of emergency management: prevention, mitigation, preparedness, response, and recovery.

Coordination and Communication with Law Enforcement and Emergency Personnel

For those interested in looking deeper into the subjects covered in this training, there are an extensive range of resources available through avenues such as:

- PA Dept of Education Model Memorandum of Understanding (MOU) – This link will direct you to the Pennsylvania Department of Education's fillable Model Memorandum of Understanding form.
- FEMA: Incident Command Structure for Schools – This link will direct you to a PDF that discusses Incident command structure, the roles of incident commander, command staff, and general staff. It also has sections on operations, planning, logistics, and more.

- Guide for Developing High-Quality School Emergency Operations Plans – FEMA's four section guide to emergency operations planning: Principles of emergency management planning; a process for developing, implementing, and refining a school EOP with community partners; form, function and content of school EOPs; 'a closer look' which considers key topics that support school emergency planning.
- The Collaborative Toolkit for Community Organizations: Effective Strategies to Partner with Law Enforcement – This toolkit provided by the U.S. Department of Justice Office of Community Oriented Policing Services is designed to strengthen partnerships between the community and law enforcement, further the community's role as a partner in crime reduction efforts, identify and address social issues that diminish the quality of life and threaten public safety in communities, and link those in need to services and resources that currently exist in the community.
- PEMA - Readiness and Emergency Management School Safety Plan – This link directs you to a sample school emergency operations plan that can help you think more deeply about prevention/mitigation, preparedness, response, and recovery. The sample plan is a blueprint that relies on the commitment and expertise of individuals within and outside of the School's community. Furthermore, clear communication with emergency management officials and ongoing monitoring of emergency management practices and advisories are essential.
- Safe2SaySomething PA - Crisis Center for anonymous reporting of concerns for individuals at risk of hurting themselves or others and provides connection to intervention and support. Call Safe2Say at **1-844-SAF2SAY** or report through the Safe2Say app.

Emergency Procedures and Training Drills

For those interested in looking deeper into the subjects covered in this training, there are an extensive range of resources available through avenues such as:

- Best Practices in Armed Assailant Drills in Schools – National Association of School Psychologists (NASP) - This document provides guidance on the important factors that schools must consider when planning and conducting armed assailant drills. They believe that lockdown is the foundation of all such training and that employing the hierarchy of safety training and education enables schools to effectively equip students and staff with needed skills in an emergency situation while also minimizing physical and psychological risks and maximizing the value of resources used.
- Multihazard Emergency Planning for Schools Toolkit – This FEMA website provides access to multiple tools for emergency planning. Included are links to courses, a comprehensive preparedness guide, prevention and preparedness resources, mitigation resources, response and recovery resources, sample forms, and more.
- Guide for Developing High-Quality School Emergency Operations Plans – FEMA's four section guide to emergency operations planning: Principles of emergency management planning; a process for developing, implementing, and refining a school EOP with community partners; form, function and content of school EOPs; 'a closer look' which considers key topics that support school emergency planning.
- The OODA Loop and Color Code System – This link will direct you to an article on the Officer.com training and career webpage that will reinforce your understanding of these two processes.

- [Homeland Security Exercise and Evaluation Program](#) – Department of Homeland Security's program contains information on training exercise program management, exercise design and development, exercise conduct, exercise evaluation, and improvement. These exercises are provided in multi-modal form and can be used as a resource to create table-top exercises.
- [After-Action Review Template](#) – Clicking this link will direct you to a fillable After-Action Report/Improvement Plan Template provided by the Homeland Security Exercise and Evaluation Program. This After-Action Report/Improvement Plan aligns exercise objectives with preparedness doctrine and related frameworks and guidance.
- [Readiness and Emergency Management for Schools (REMS)](#) – Training is a critical component of school safety, security, emergency management, and preparedness. To support you in your training efforts — independent, in-person, and virtual — the REMS TA Center created materials for you to use on your own and/or at your site. These downloadable modules are intended for education agencies to use to train teams and supplement training and exercise programs.
  - [Developing a Communications and Warning Annex](#) - Clicking the link will download a ZIP file to your computer with information regarding communications and warning instructions, a presentation, resources, and tabletop exercise.
- [PEMA's School and Child Care Safety: Resource Page](#) - PEMA shares all-hazard school planning resources with schools, child care centers, and others. These include all-hazards planning resources, links to additional documents and child-care/day care facility toolkits.
  - [Student Reunification Annex](#) – Downloadable document providing operations information regarding family/student reunification.
  - [Family Reunification Annex](#) – Downloadable document providing operations information regarding family/student reunification.
- [Sandy Hook Promise](#) – Protecting America's children from gun violence in honor of the precious lives that were lost at Sandy Hook Elementary School.
- [I Love You Guys Foundation](#) – I Love You Guys Foundation provides a wide range of programs and training packages. Some examples of what they offer are: Standard Response Protocol, Standard Reunification Method, Reunification Exercise, and more.
- [Readiness and Emergency Management for Schools](#) – REMS has links to multiple annexes that is recommended to be included in Emergency Operations Plans. This site also contains sample evacuation, reunification, lockdown, and shelter-in-place annexes. There are also links to accountability, alerts, and communications information.
- [Model School Emergency Operations Plan](#) – Clicking this link will direct you to PEMA's model emergency operations plan. This is a robust template covering all aspects of creating an EOP.
- [National Association of School Psychologists - Using Social Media Before, During and After School Crises](#) – The NASP provides tips for parents and educators on using social media as a tool in crisis prevention and intervention during prevention, protection, mitigation, response, and recovery phases.
- [Integrating Family Reunification Planning, Before, During and After and Emergency into the School Emergency Operations Plan](#) – This is an inclusive fact sheet providing information about and resources related to school and school district plans for reunifying children with their families after an emergency event.
- [FEMA/NIMS - National Incident Management System, Third Edition, October 2017](#) – This document is organized into three major components: Resource Management, Command and Coordination and Communications and Information Management. They represent a building-block approach to incident management.

- [FEMA: Incident Command Structure for Schools](#) – This link will direct you to a PDF that discusses Incident command structure, the roles of incident commander, command staff, and general staff. It also has sections on operations, planning, logistics, and more.
- [NASP - Best Practice Considerations for Armed Assailant Drills in Schools - Updated April 2020](#) – Clicking this link will download a PDF to your computer. The National Association of School Psychologists, the National Association of School Resource Officers, and Safe and Sound Schools have partnered to provide this guidance on armed assailant training. This document provides guidance on factors schools must consider when conducting armed assailant drills. It updates their guidance released in 2014 and reflects unique considerations within the school environment, including protecting both physical and psychological safety. It does not constitute an endorsement of a particular approach to training nor a specific training program.