- **Act 55 Employee Training Standards** (PDF of Standards) - Per the requirements of Section 1310-B of the PA Public School Code as amended by Act 55 of 2022, the following training standards for School Safety and Security Training for all school employees were developed and adopted by the School Safety and Security Committee (SSSC) on September 28, 2022.
- **PEMA Model EOP** - A template of the PEMA Model Emergency Operations Plan can be downloaded after you reach the search page in the link.
- **FEMA Course: IS-362A** Multi-Hazard Emergency Planning for Schools – Independent Study Course
- **REMS: Planning for Natural Hazards** - The REMS TA Center offers a variety of Federal agency partner resources related to planning for natural hazards that may affect school districts, schools, institutions of higher education (IHEs), community partners, and parents.
- **Kentucky Center for Safe Schools: Emergency Guide** - More so now than ever before, schools are faced with ongoing challenges. They must be prepared for a wide range of emergency situations from natural disasters to threats of violence. Although schools may have established procedures for dealing with many emergency situations, many do not have these protocols collected in a coordinated, concise manner that are reviewed annually. The 2024 revision of the Emergency Management Resource Guide (full-text pdf) is designed to assist during the planning stage both at the school and district levels.
- **The National Child Traumatic Stress Network: Creating School Active Shooter/Intruder Drills** - Provides information to schools about how to create a trauma-informed active shooter/intruder drill. This fact sheet outlines the steps to take before, during, and after for students, school staff, and parents.
- **Best Practice Considerations for Armed Assailant Drills in Schools (NASP & NASRO)** - This document provides guidance on the important factors that schools must take into account when considering and conducting armed assailant drills
- **I LOVE YOU GUYS: SRP (Standard Response Protocol)** – The building blocks of crisis response. An institutional all-hazards approach
- **REMS: Threat - and Hazard** - Specific Annexes - The threat- and hazard-specific annexes describe the courses of action unique to particular threats and hazards.
- **CISA: K-12 School Security Guide Product Suite** - The K-12 School Security Guide Product Suite is designed to provide K-12 districts and campuses with resources, tools, and strategies to improve school physical security. With these products, schools and districts will learn the steps necessary to assess vulnerabilities, strengthen security, and better protect K-12 communities.
- **COPS: Program-Specific Guides Series (Bomb Threats in Schools)** - The Problem-Specific Guides summarize knowledge about how police can reduce the harm caused by specific crime and disorder problems. They are guides to prevention and to improving the overall response to incidents, not to investigating offenses or handling specific incidents.
- **Connecticut School Security and Safety Plan 2018-2019** – All-Hazards School Security and Safety Plan Template
- **REMS: Bomb Threat Drill Observation Checklist –** A template that records what occurred before, during, and after the drill
- **REMS: Bomb Threat Tabletop** – A bomb threat scenario

- **REMS: Bomb Threat Functional Annex Checklist** – A tool that schools can use to Identify methods to prevent, protect, or mitigate the hazard, identify response procedures, and establish recovery measures to help re-establish the educational setting and more.
- **NEA's School Crisis Guide** - This guide presents resources, tools, recommendations, and evidence-based practices for incorporating best practices in school mental health into school crisis plans.
- **REMS: Fire or Explosion Functional Annex checklist** - A tool that schools can use to Identify methods to prevent, protect, or mitigate the hazard, identify response procedures, and establish recovery measures to help re-establish the educational setting and more.
- **REMS: Planning for Natural Hazards** - The REMS TA Center offers a variety of Federal agency partner resources related to planning for natural hazards that may affect school districts, schools, institutions of higher education (IHEs), community partners, and parents.
- **REMS: Flooding Functional Annex checklist** - A tool that schools can use to Identify methods to prevent, protect, or mitigate the hazard, identify response procedures, and establish recovery measures to help re-establish the educational setting and more.
- **REMS: Flood Tabletop Exercise -** In this tabletop exercise, you should imagine that you are a member of your school's emergency planning team and that you have access to only the resources and systems you currently have in place. You will discuss your response to a hypothetical flood.
- **REMS: Preparing for Floods fact sheet** - This guidance contains best practices in school preparedness, and its six-step planning process can be used by public and nonpublic schools and school districts as they plan for before, during, and after flood events. *Please note that some links within the fact sheet are no longer active*
- **PCCD Threat Assessment Information and Resources** - You can access free online training at any time via the PA K-12 Threat Assessment Training & Technical Assistance Network website.
- **Secret Service: National Threat Assessment Center** - 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.
- **Department of Homeland Security: Center for Prevention Programs and Partnerships** - The Center for Prevention Programs and Partnerships (CP3) strengthens our country's targeted violence and terrorism prevention abilities through funding, training, increased public awareness, and partnerships across every level of government, the private sector, and in local communities.
- **Federal Bureau of Investigation** - This report, a practical guide on assessing and managing the threat of targeted violence, contains concrete strategies to help communities prevent these types of incidents.
- **Safe2SayPA Annual Report** - Students, educators and administrators have the opportunity to be trained to recognize the signs and signals of individuals who may be at risk of hurting themselves or others along with how to use the S2SS anonymous reporting system to submit tips of the signs and signals they observe.
- **PA Youth Survey (PAYS)** - The Pennsylvania Youth Survey, or PAYS, is sponsored and conducted every two years by the Pennsylvania Commission on Crime and Delinquency. The data gathered

in PAYS serve two primary needs. 1. The results provide school administrators, state agency directors, legislators and others with critical information concerning the changes in patterns of the use and abuse of these harmful substances and behaviors. 2. The survey assesses risk factors that are related to these behaviors and the protective factors that help guard against them. This information allows community leaders to direct prevention resources to areas where they are likely to have the greatest impact.

- **SchoolSafety.gov Climate Survey Resources** - School climate describes the school conditions that influence student learning and comprises issues such as the school environment, student and school safety, and engagement among members of the school community. A positive school climate characterizes a school that effectively attends to the academic, social, emotional, behavioral, and mental health needs of its students.
- **Youth Risk Behavior Surveillance System (YRBSS)** - The Youth Risk Behavior Surveillance System (YRBSS) measures health-related behaviors and experiences that can lead to death and disability among youth and adults. Results help monitor health trends, identify emerging issues, and plan and evaluate programs that can help improve adolescent health.

- **Designing your tabletop exercise (REMS Document)** - The purpose of a Tabletop Exercise is to provide an opportunity for your team to review and discuss their responses to a simulated incident and to identify the information, actions, and notifications that are needed. A Tabletop Exercise is intended to generate discussion of various issues regarding a hypothetical, simulated emergency.
- **Tabletop Exercise: ICS, Shelter-in-place, Building-Level Emergency Response Plan** - The purpose of a Tabletop Exercise is to provide an opportunity for your team to review and discuss their responses to a simulated incident and to identify the information, actions, and notifications that are needed. A Tabletop Exercise is intended to generate discussion of various issues regarding a hypothetical, simulated emergency.
- **REMS TOOL BOX for tabletops** - The Tool Box contains resources pertinent to the needs of schools, school districts, state education agencies, regional education agencies, and institutions of higher education and their community partners, as they engage in the process of emergency management planning.
- **Vermont Examples** - The "What if Wednesday" school safety initiative is designed to stimulate a conversation about school emergency preparedness. Participants should read the summary of the "fictional" school safety incident and then answer the multiple choice question with the appropriate response action to be taken for the specific emergency.
- **Idaho Examples (10 mins)** - A tabletop exercise simulates an emergency situation in a low stress environment. Participants discuss scenarios presented and general problems and procedures in the context of response to a specific incident.
- **Idaho Examples (Full)** - A tabletop exercise simulates an emergency situation in a low stress environment. Participants discuss scenarios presented and general problems and procedures in the context of response to a specific incident.
- **REMS: Active Shooter Situations** - Access resources on planning for active shooter situations:

- **SchoolSafety.gov: BJA's Guide for Preventing and Responding to School Violence** - The purpose of this document is to present different strategies and approaches for members of school communities to consider when creating safer learning environments.
- **New Yor State School Safety Plans (Toolkit)** – Resources provided by the NY State Education Department for School Safety Plans
- **FBI: Active Shooter Safety Resources** – FBI resources for assisting you with Active Shooter Incidents
- **LOCKDOWN DRILLS (the book): Jaclyn Schildkraut** - The first book to offer a comprehensive examination of lockdown drills in K–12 schools, *Lockdown Drills* balances research findings with practical applications and implications.
- **Stress Relief Strategies when you have 10 minutes or less (Free Ebook)** - This e-book includes some general information about the evolution of the science of stress, with the latest findings emphasizing (1) the upside of stress; and (2) how stress has been found to impact you at the cellular level, which means that that how you deal with stress can accelerate or decelerate the aging process.
- **How to make stress your friend (TED Video)** - Stress. It makes your heart pound, your breathing quicken and your forehead sweat. But while stress has been made into a public health enemy, new research suggests that stress may only be bad for you if you believe that to be the case. Psychologist Kelly McGonigal urges us to see stress as a positive and introduces us to an unsung mechanism for stress reduction: reaching out to others.
- Giving to Others and the Association Between Stress and Mortality (Scientific Paper)
- **Does the Perception that Stress Affects Health Matter? The Association with Health and Mortality (Scientific Paper)** - Helping others predicted reduced mortality specifically by buffering the association between stress and mortality.
- **The role of stress mindset in shaping cognitive, emotional, and physiological responses to challenging and threatening stress (Scientific Paper)**
- **Perceived stress of mental demands at work, objective stress and resilience – an analysis of the LIFE-Adult-study (Scientific Paper)** - Higher perceived stressfulness of mental demands was associated with higher chronic stress, work overload and work discontent. Therefore, mental demands should be targeted by occupational interventions that aim to improve job conditions and employees' overall well-being. Besides resilience, other potential influencers or personal resources should be focused on in future studies to develop interventions.
- **Change Your Mindset, Change the Game (TedX Video)** – Dr. Alia Crum explores scientific results that show the influence of the mindset on the body, and how changing the subjective mindset produced different outcomes. Dr. Crum's work is inspired in part by the placebo effect and has implications that stretch far beyond the realm of medicine.
- **Brief structured respiration practices enhance mood and reduce physiological arousal (Scientific Paper)** - In a remotely conducted randomized controlled trial, Yilmaz Balban et al. study the psychophysiological effects of controlled breathwork compared with mindfulness meditation. Breathwork produces greater improvement in mood and reduction in respiratory rate, while both result in reduction in negative emotion including state anxiety.