



As we are all painfully aware, we live in a day and age where it has become prudent and necessary to prepare our children for exposure to violent events. Fortunately, there are **age-appropriate strategies** students can use to prevent and survive violence.

Your child's school has partnered with Safe Kids Inc., a team of **law enforcement and education experts**, who have developed curriculum that teaches these strategies in a non-threatening manner - the H.E.R.O. Program. H.E.R.O. is an acronym for:

HIDE! ESCAPE! RUN! OVERCOME!

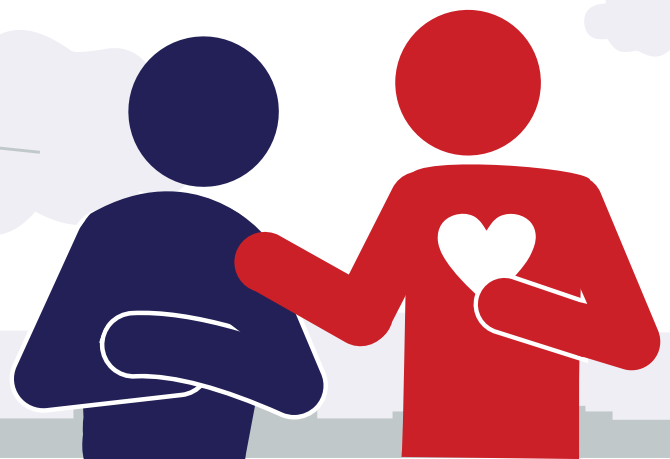
This companion guide is intended to encourage discussion between you and your child. By discussing the H.E.R.O. program with your child at the conclusion of each lesson, you'll help reinforce the concepts learned in the classroom and **develop effective safety strategies** for your entire family.

The H.E.R.O. program consists of five lessons: "Prevention", "HIDE!", "ESCAPE!", "RUN!", and "OVERCOME!" Each lesson will be taught in the classroom and reinforced with activities, student collaboration, and schoolwide drills.



Safe thinking includes the entire family, and the parent's commitment to safety is critical to any new learning experience. By discussing the following questions as a family, you can be sure you're all on the same page when it comes to safety.

The following questions are provided to help you as a family be as safe as possible by discussing various safety strategies and how to implement them in different contexts.

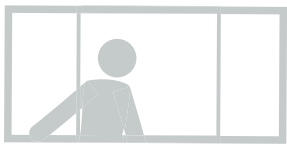




Lesson 1

PREVENTION

- Prior to engaging in discussion with your child, review the “Parent Prevention Guide”, located on the “Families” page at www.SafeKidsInc.com.
- Discuss the 7 behavioral warning signs with your child.
- Reinforce the importance of timely reporting and discuss reporting options available to your child, e.g. school administration, counselors, or local law enforcement.
- Use this discussion to check in on your child’s mental health. How are things going? Do they have any major stressors in their life? If they are struggling, how can you help them? Do they know that you care?



Lesson 2

HIDE!



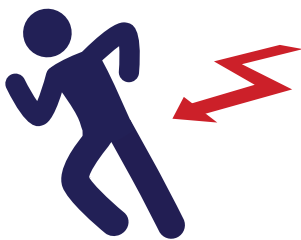
- How is the **HIDE** concept different than lockdown as they have practiced it previously?
- Ask your child to explain the concept of “Safety Triangles” to you and demonstrate how to utilize this concept in a place you’re both familiar with, such as your home or a local restaurant you frequent.
- Inquire as to whether or not they would allow another student or teacher to enter a room that was locked or barricaded. What would they do if they were the one locked outside of a classroom during a violent incident?



Lesson 3

ESCAPE!

- Check and see if they can tell you when it would be better to **ESCAPE** instead of **HIDE**.
- Ask: “How can you **ESCAPE** from bullies or harmful relationships? What about bullies or harmful people online?”
- Take this opportunity to compare and contrast harmful relationships v. healthy relationships.



Lesson 4

RUN!

- Ask: What’s the difference between Fun Running and Danger Running? Isn’t all running the same?
- Inquire: During an act of mass violence, is it better to stay in a group or run away as an individual?
- During an act of mass violence, is it better to stay in a group or run away as an individual?
- Identify some places you and your child frequent and apply the **RUN** concept in these places.



Lesson 5

OVERCOME!

- Discuss: What’s the difference between **OVERCOME** and fighting? Reinforce the idea that fighting is motivated by anger (and is illegal) while **OVERCOME** is motivated by protection (and is legal).
- What are some different ways/items you could use to **OVERCOME** a violent attacker? At school? At home? In the community? In the supermarket? The library?
- Reinforce: Acts of mass violence are statistically very unlikely to affect you, but it’s important to be prepared for these types of emergencies, just as we prepare for other unlikely emergencies.
- Check-in: How do you feel now that you’ve learned the H.E.R.O. lessons?