



# Avoid Deny Defend

## Three Minutes.

- Once notified, Law Enforcement will respond to an Active Shooter as quickly as possible.
- Response time averages about three minutes.
- Your immediate actions should be focused on maximizing your personal safety until Law Enforcement is able to stop the threat.

## What You Do Matters.

**A**VOID starts with your state of mind.

- Pay attention to your surroundings.
- Have an exit plan.
- Move away from the source of the threat as quickly as possible.
- The more distance and barriers between you and the threat, the better.

**D**ENY when getting away is difficult or maybe even impossible.

- Keep distance between you and the source.
- Create barriers to prevent or slow down a threat from getting to you.
- Turn the lights off.
- Remain out of sight and quiet by hiding behind large objects and silencing your phone.

**D**EFEND because you have the right to protect yourself.

- If you cannot Avoid or Deny be prepared to defend yourself.
- Be aggressive and committed to your actions.
- Do not fight fairly. THIS IS ABOUT SURVIVAL.

**CALL 911** when you are in a safe area. Inform the 911 operator that this is an active shooter situation.

When Law Enforcement arrives,  
**SHOW YOUR HANDS AND FOLLOW COMMANDS.**



For more information: [www.AvoidDenyDefend.org](http://www.AvoidDenyDefend.org)  
Or get the free app: AvoidDenyDefend



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