



How to Survive

A MASS SHOOTING

Survival Handbook
2023

WHY THIS GUIDE EXISTS

The United States accounts for less than 5% of the world's population. Yet, the U.S leads the world in mass shootings. Between 2009 and 2023, there have been 306 mass shootings in the country. Americans now have a great chance of dying due to a mass shooting than anywhere else.

Between 2009 and 2023,
**these 306 mass
shootings in
the U.S
have
led to:**

2797 VICTIMS.
1710 WERE KILLED.
1087 WERE INJURED.

Source:
Everytown Research & Policy,
March 2023

As a response to this violence, we created this guide to help you survive in our country. *We hope you'll never find yourself face to face with an active shooter.* But when there are almost as many guns as people in the United States, it's important to be prepared.

GENERAL SURVIVAL TIPS

A shooting can occur when you least expect it. Here are some general tips that can increase your chances of survival.

1. RUN

Your top priority is to escape the area. The further you get away from the shooter, the higher your chances of survival. Don't hesitate to run for the exit immediately.

Remember to scan your surrounding for potential escape routes. **Look for emergency exits, fire escapes and windows.**



Forget your belongings. Take off your shoes if they slow you down. A pair of expensive shoes will never be worth more than your life.

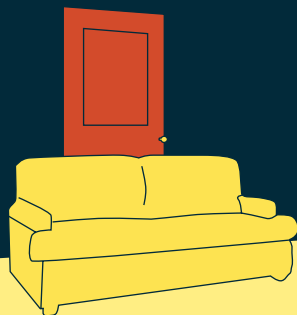


When you have escaped into safety, **contact the authorities immediately.**



2. HIDE

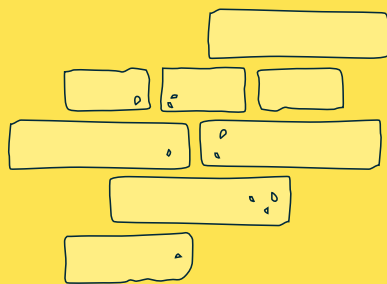
If you can't run or escape, hiding is your second best option.



If you decide to hide out in a room, make sure to lock and barricade the door with as many heavy objects as you can.

Turn off the lights and silence your electronics. **Don't let the shooter know you're in the room.** Make sure to stay away from the door.

If you're unable to hide, **find cover where it's difficult for bullets to penetrate.** Such as concrete and brick walls, as well as heavy pieces of furniture.



When you can't hide or run, playing dead is another option. Only do this as a last resort. **Many shooters ensure their victims are dead by shooting their bodies twice.**

3. COUNTER

Only engage the shooter if running or hiding is impossible. If you must engage the shooter, it's best to engage through countering.

Countering focuses on distracting and confusing the shooter. The goal is to reduce their accuracy.

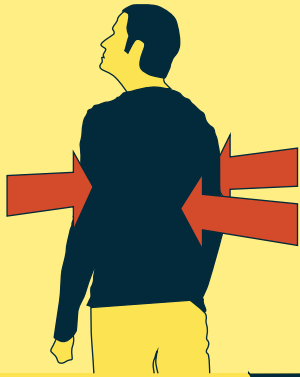
This is done best with a group of people.



Create confusion by shouting, running and throwing objects at the shooter. This divides the shooter's attention, and **creates a window of opportunity for escape.**

4. FIGHT

When countering fails, the last resort should be to attack the shooter.



Guns can only shoot in a one direction. So strike the shooter from behind or from the sides.

This requires you to attack when they least expect it.

Having the element of surprise will increase your chances of disarming the shooter.

Attack with any object you can find. **Aim for vulnerable areas** such as the eyes, nose and neck. If the shooter is a male, aim for the groin.



Make sure to commit to the attack. This is a fight for your survival.

THERE ARE NO SECOND CHANCES.

LOCATION BASED SURVIVAL TIPS

*These tips don't guarantee survival.
Use at your own discretion.*

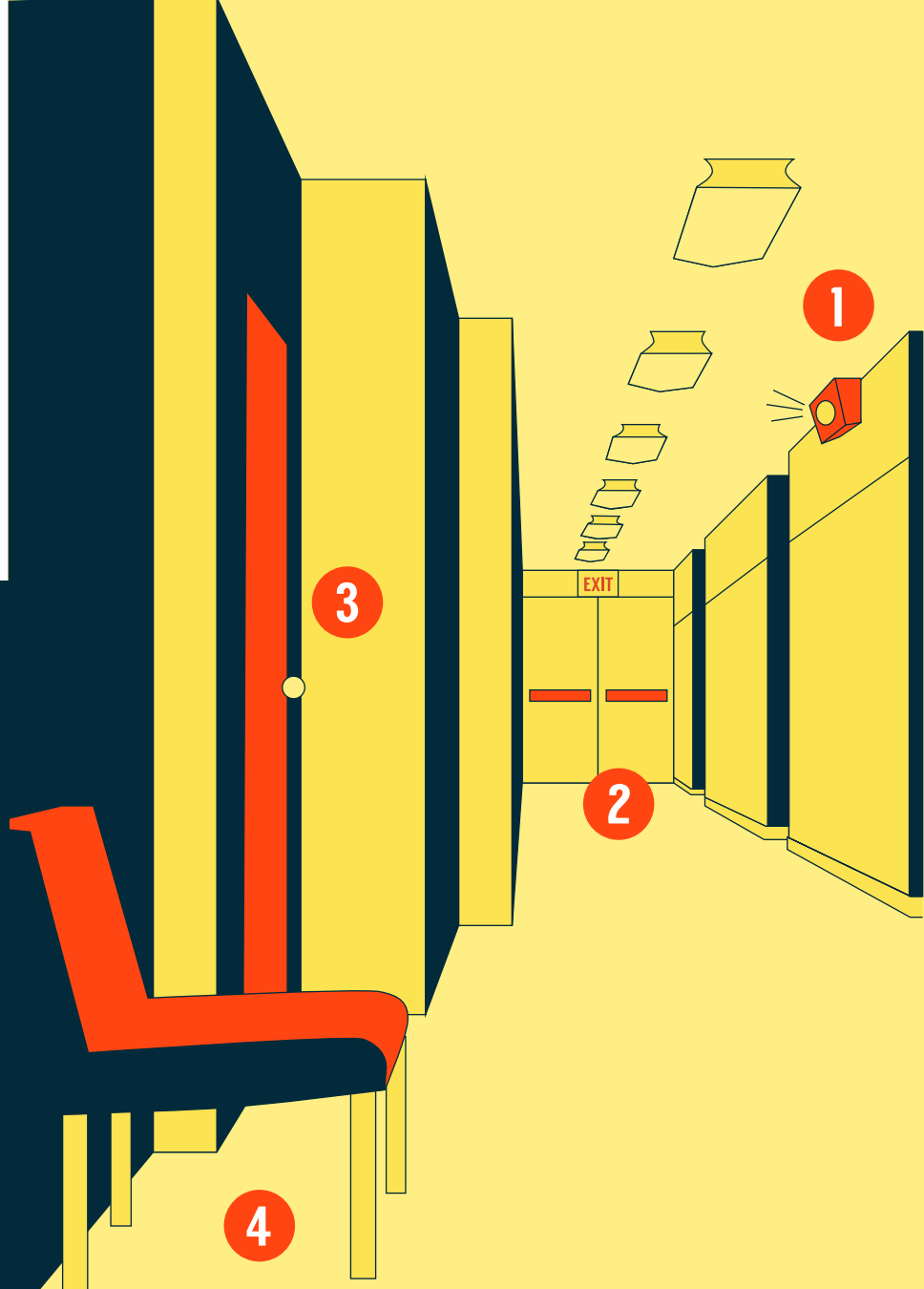
SCHOOL

Schools are supposed to be safe havens for students. But between 1966 and 2023, there have been 27 mass shootings in elementary schools, high schools and colleges. The victim count is currently 555 with 259 fatalities and 296 injuries.

- 1 All schools have an alarm code for an active shooter. Once this code is heard on the public announcement system, *react immediately.*
- 2 A shooter can't cover an entire campus alone, so *leave the premises immediately.* If you're unable to leave through the main entrance, find the closest emergency exit.
- 3 If you can't safely escape, *lock and barricade yourself inside an office or classroom* until the danger subsides.

Other hiding spots include: Gymnasiums, auditoriums, and closets. Concealment can be found behind curtains, under rows of seats and inside garbage cans.

- 4 As a last resort, engage the shooter physically. Find objects that can be used to disarm the shooter. If the shooter is headed towards your place of hiding, *stay concealed and prepare for a surprise attack.* Schools provide many concealable locations, so when the opportunity is right, strike the shooter when they least expect it.



PLACES OF WORSHIP

Places of worship are often targeted. Between 1980 and 2016, the National Church Shooting Database recorded a total of 286 shootings (not all mass shootings) in churches alone.

In most places of worship, the center aisle leads to the main entrance. Most active shooters take control of this center aisle.

1

Be aware of the emergency exits located near the side aisles and the altar. Most places of worship also have rooms and offices you can use to barricade yourself. *Run to these exits and rooms as safely as you can.*

2

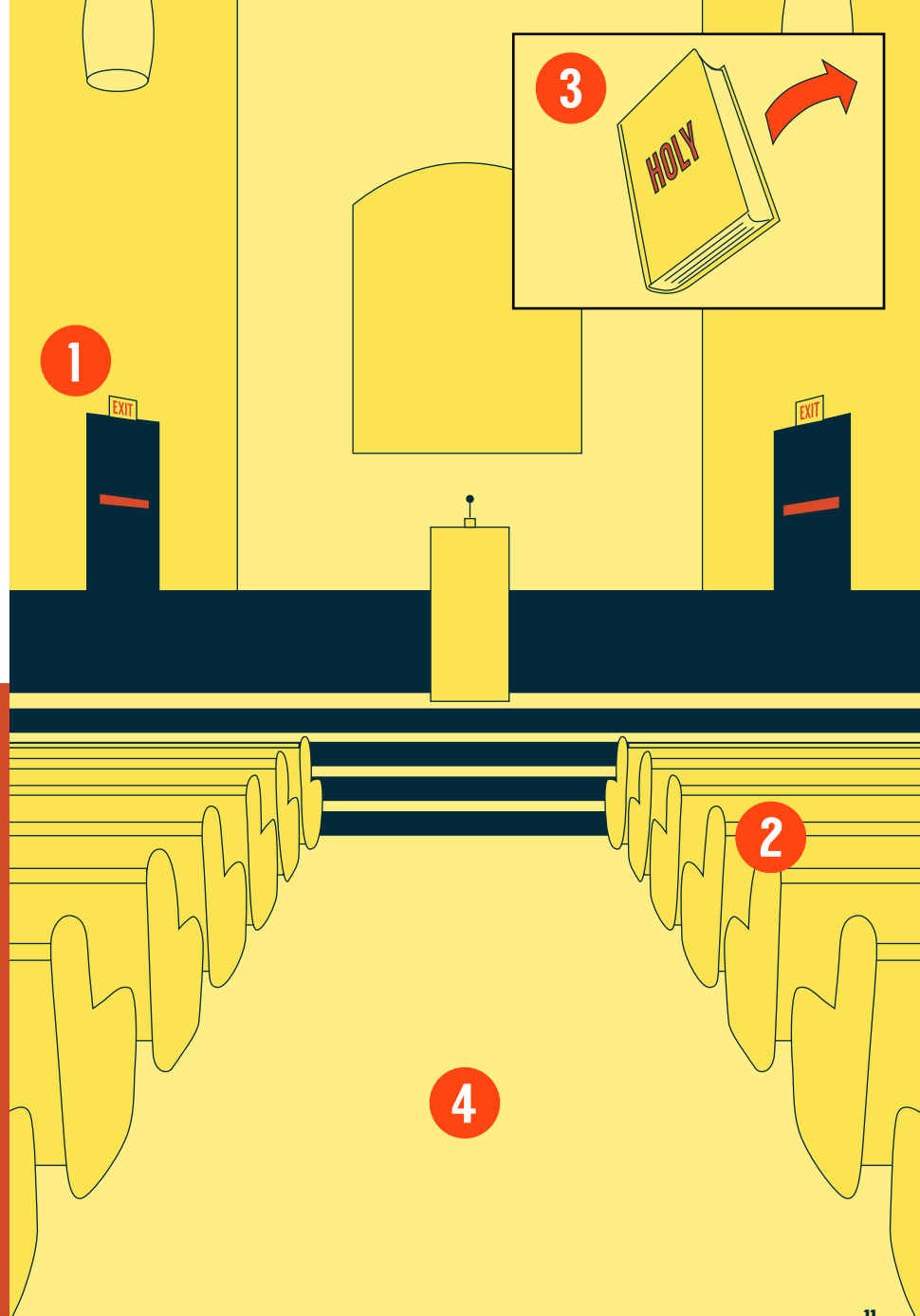
If you can't run, use any form of cover you can find. This includes hiding behind the pews, the choir area and the altar.

3

The final option is to engage the shooter. *Create distractions for others to escape* by throwing holy texts, musical instruments and any other objects.

4

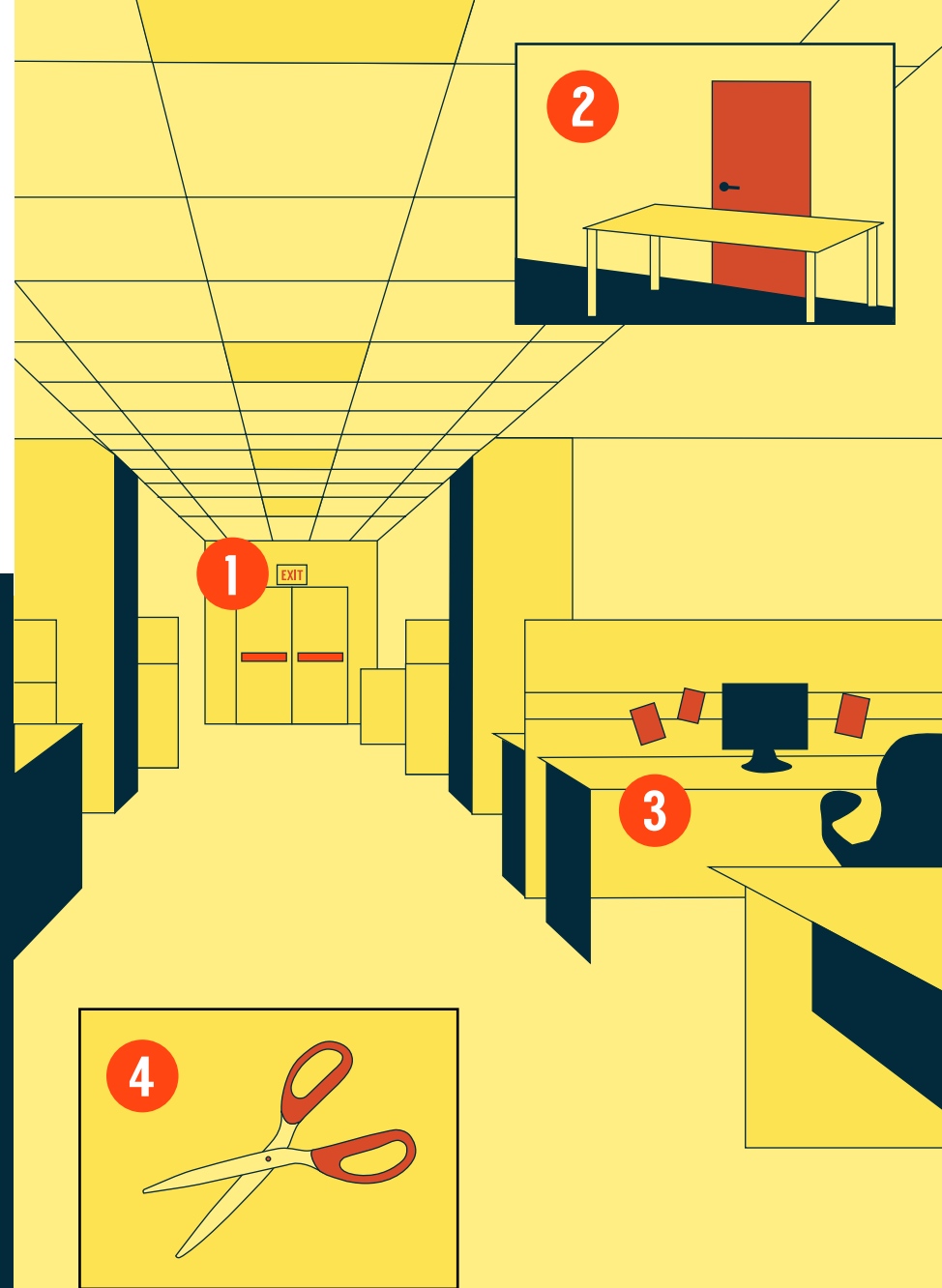
The chances of disarming the shooter is higher with a large group of people. If the shooter is confined to the center aisle, *swarm and strike the shooter from all sides.* The shooter can only focus on one direction at a time.



OFFICE

There have been 47 mass shootings in the workplace between 1982 and 2022. Americans now have a higher chance of dying at their workplace than any other country.

- 1** *Understand the layout of your office, and form an escape plan* in case your office is the target for a mass shooting. Know where the emergency exits are and the quickest ways to get to them. Your priority is to safely escape.
- 2** Conference rooms, personal offices and storage rooms with working locks are effective hiding spots. Turn off all lights and electronics to make the room appear empty. *Barricade the door with any heavy object you can find.*
- 3** If you have no time to run or hide in a secure room, turn off your computer and clear your desk. Conceal yourself under your table and pull your chair towards you. *This will make it appear as if nobody was working at your desk.*
- 4** An office space has many objects that can be used to engage the shooter. Pens, pencils and scissors can serve as weapons. Larger objects such as trash cans and fire extinguishers can be used as blunt weapons. *Engage the shooter as a last resort.*



MOVIE THEATER

Movie theaters are inherently cramped and dark. Which allows an active shooter to execute many people quickly. This means your choice of seating plays an important role in survival.

1

Active shooters aim for the highest concentration of people. Your chances of survival increase when you sit closer to the sides, and away from the middle rows. *Sitting near the back of the theater will give you better access to the emergency exits.*

2

Run towards an emergency exit if you can find cover. *The main entrances will turn into dangerous bottlenecks* and shouldn't be used unless the shooter is focused on another part of the theater.

3

If escaping isn't possible, take cover and get on the ground. The darkness will make it difficult for the gunman to notice you. This can create an opportunity for you to stealthily escape.

4

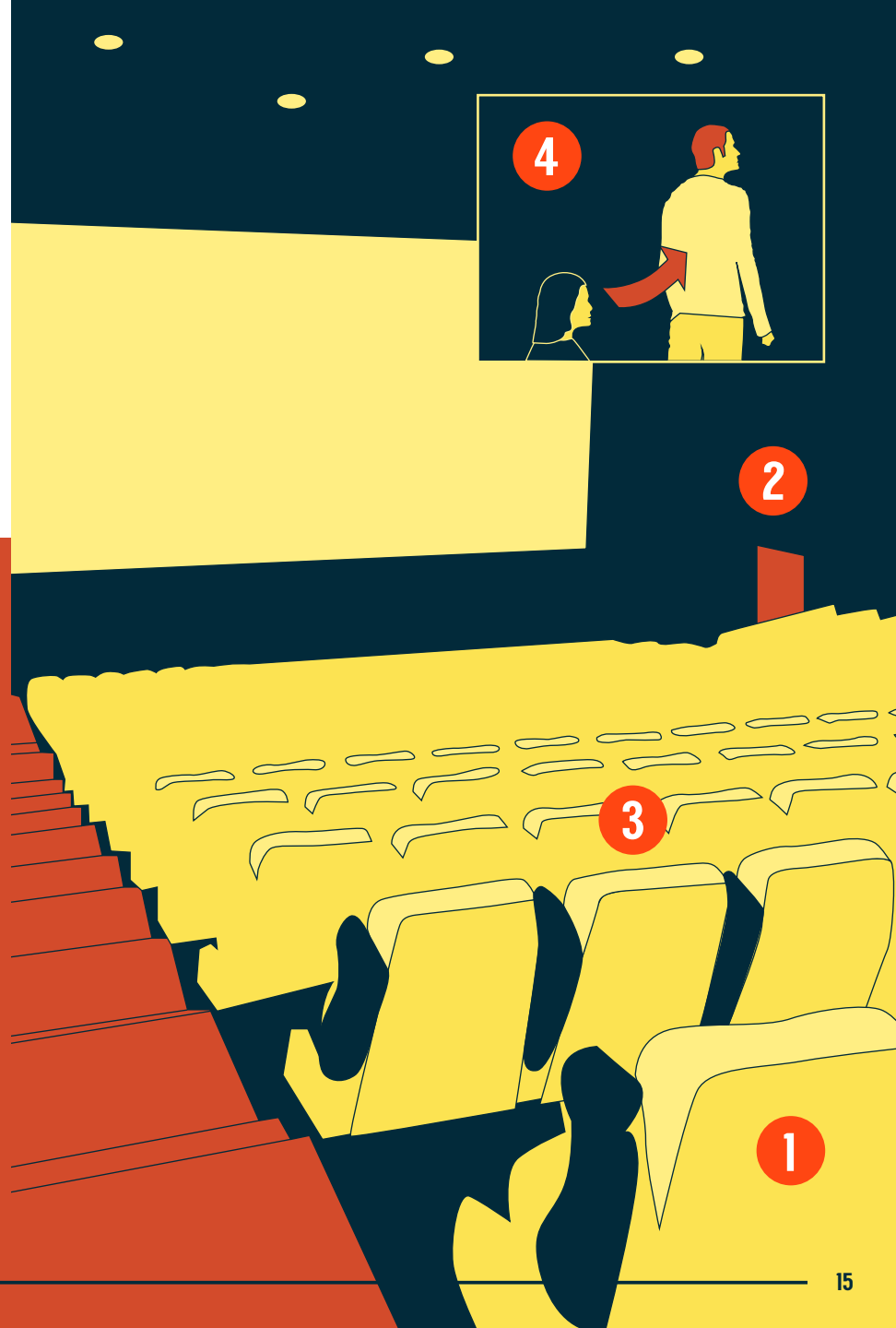
Engage the shooter as a last resort. It will be dark and crowded. You may find it difficult to get close to the shooter. If you're set on engaging up close, use the darkness to your advantage. Make sure to use cover so you aren't seen. *Engage the shooter when they least expect it.*

4

2

3

1



YOU'RE NOW “PREPARED”

Reading this guide will slightly improve your chances of survival. But even with all this information,

*there is a high probability
you won't survive a mass shooting.*

To ensure your survival, contact your local representative. They are your biggest ally when it comes to preventing mass shootings.

TAKE ACTION

CALL YOUR CONGRESS MEMBERS TODAY.

Below is a script you can follow to call your elected officials and demand the banning of Assault Weapons and High Capacity Magazines.

Find your local members at [Congress.gov](https://www.congress.gov)

Hello, my name is [first and last name] from [address and/or zip code] and I do not need a response. I am calling to urge you to pass new legislation to renew the federal ban on assault weapons and high capacity magazines.

Since 2009, there have been 306 mass shootings in our country. Semi-automatic rifles, such as the AR-15, have become the weapon of choice in the deadliest of these shootings.

Therefore, I urge you to consider renewing this ban. No more senseless bloodshed needs to occur on our soil.

Thank you for your time and your prompt attention to this issue.

RESEARCH AND SOURCES

Alice Shooter Training

How to respond to an active shooter event

BBC

Guns in the US:
The statistics behind the violence

CNN

Why the U.S. has the most mass shootings

Department of Homeland Security

Run, Hide, Fight

Everytown Research & Policy

Mass Shootings in America

Inter-university Consortium for Political and Social Research

United States National Church Shooting Database

Mother Jones

A guide to Mass Shootings

University of Alabama

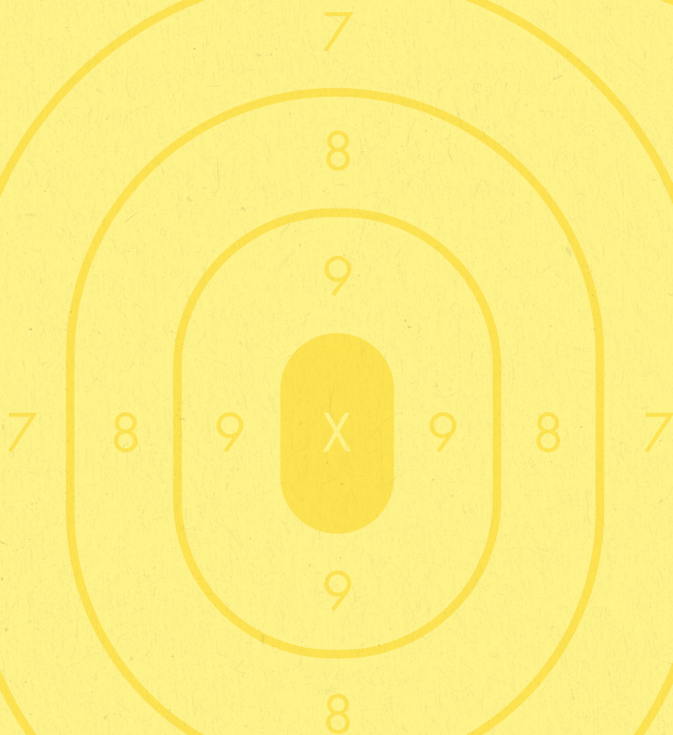
Public Mass Shooters and Firearms: A Cross-National Study of 171 Countries.

Wall Street Journal

U.S Leads World in Mass Shootings

Wikipedia

List of school shootings in the United States by death tolls



#GUNREFORMNOW