

SITUATIONAL AWARENESS & PERSONAL SAFETY PLANNING

Presented by:

Matthew Childress,
Associate Director, Training & Development
(He/Him)

James Nunez,
Manager, Training & Development
(He/Him)



Agenda:

- Introduction
- Planning & Preparation
- Risk Assessment & Resources
- Why Situational Awareness?
- Techniques to Develop Awareness
- The Fight-or Flight Response
- Run. Hide. Fight.
- Questions?

Goals:

- Understand the importance of personal safety planning & preparation
- Learn how to conduct a personal risk assessment
- Identify the resources at our disposal
- Develop skills & techniques that will allow us to have a “**360 degree**” level of awareness.

CONTENT WARNING: This presentation will explore topics that may be sensitive or stress inducing. Please feel free to step outside at any time.

Planning & Preparation

Planning & Preparation:

- Do you plan when you make large purchases, or travel?
- How do you go about making your informed decisions?
- What steps do you take?

“Give me six hours to chop down a tree and I will spend the first four sharpening the axe.” – Abraham Lincoln

What are the benefits?

- More productive
- Greater achievement
- Better decisions
- Proactive not reactive
- Less anxiety
- **EMPOWERMENT**

“The time to repair the roof is when the sun is shining.” – John F. Kennedy

Planning & Preparation:

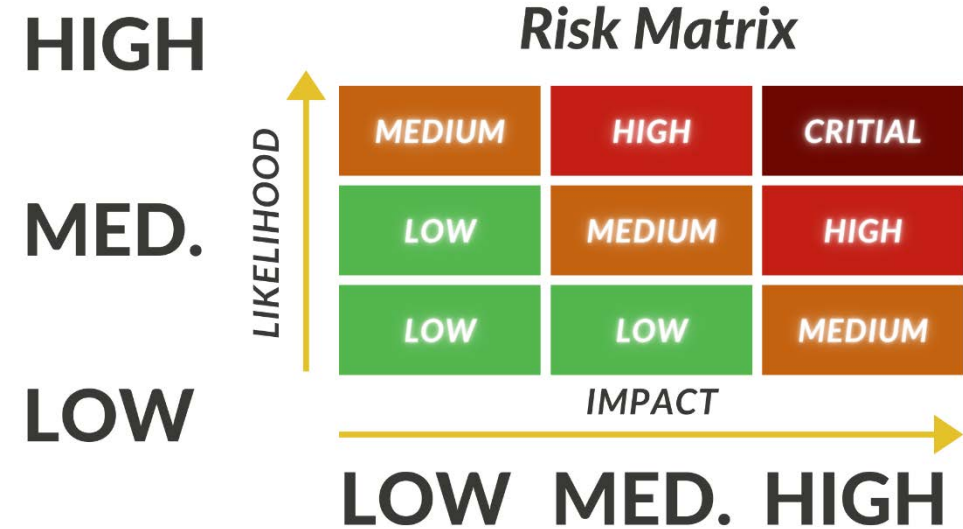
- Post-1993 WTC Terrorist Attack developed a training protocol for all Morgan Stanley employees assigned to its Tower 2 Office.
- Conducted routine response drills that focused on evacuating the building efficiently and expeditiously.
- His planning & preparation saved the lives of over 2,700 Morgan Stanley employees.



Cyril Richard “Rick” Rescorla
May 27, 1939 – September 11, 2001

Personal Risk Assessment:

- **Identify**
 - What is the threat?
- **Information**
 - What do you know about the threat?
- **Assessment**
 - What is the likelihood & potential impact?
- **Manage**
 - How would you respond to the threat?



What are the threats?

- Heart Disease: 1 in 6
- Cancer: 1 in 7
- Chronic Lower Respiratory Disease: 1 in 27
- Opioid overdose: 1 in 96
- Motor Vehicle Crash: 1 in 103
- Fall: 1 in 44
- Gun Assault: 1 in 285
- Pedestrian: 1 in 556
- Fire or Smoke: 1 in 1,474
- Choking on Food: 1 in 2,696
- Cataclysmic Storm: 1 in 31,394
- Hot surfaces and substances: 1 in 46,045
- Hornet, wasp and bee stings: 1 in 46,562
- Dog attack: 1 in 115,111
- Passenger on an airplane: 1 in 188,364
- Lightning: 1 in 218,106
- Railway passenger: 1 in 243,756
- Terrorist Attack: 1 in 50,000,000
(National Safety Council: <injuryfacts.nsc.org>)

Gather Information:

- The previous slide illustrates a valid point, even though the odds are in our favor, unfortunate events may occur, and, therefore, we must plan & prepare for those “what if” situations.
- Newspapers are a good source of information from local criminal activity to hazardous weather conditions
- Where else would you be able to find information?

Online Resources – Public Safety Website

The Public Safety Website is a great resource that will give you access to information related to the following:

- Annual Security Report
- Clery Alerts
- Services
- Crime Prevention
- Emergency Protocols
- Community

<publicsafety.columbia.edu>



Online Resources – Lion Safe App

Public Safety's Lion Safe app allows the user to request emergency services at the touch of a button along with other useful links including maps, shuttle schedules, crime alerts, emergency protocols, campus safety notifications, and non-emergency numbers for each campus.

The Public Safety app is available for iOS and Android devices. It can be downloaded for free from the App Store or through Google Play by searching - Lion Safe Columbia University

<publicsafety.columbia.edu>



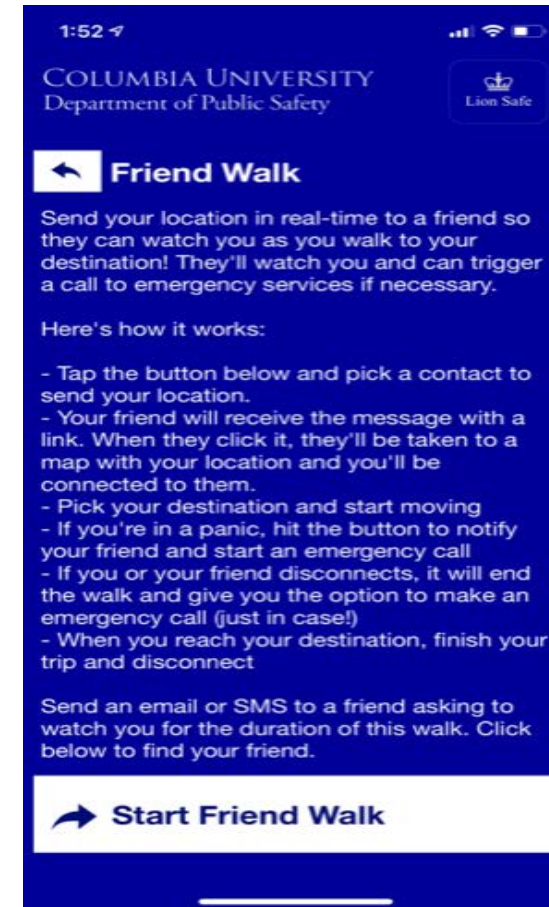
Lion Safe Columbia Univer...
Columbia University Safety App

GET



Online Resources – Lion Safe App

- Send your location in real-time to a friend so they can watch you walk to your destination.
- They'll watch you and can trigger a call to emergency services, if necessary.



Online Resources – We're on Social Media

- Please “like or follow” us on Facebook (CUPUBLICSAFETY)!
- Many Public Safety related events are posted regularly



Online Resources – On-Demand Transportation

- Columbia Transportation has partnered with Public Safety and Via to provide on-demand transportation service as an alternative to walking alone at night.
- Using the Via app is the easiest and most effective way to get a ride but, if you cannot use the Via app, you can also call for a ride.
- Whether you use the Via app or call, you will need to get a promo code before you request your first ride. **For more information on the hours of operation, coverage areas, getting a promo code and more please visit:**
- <https://transportation.columbia.edu/content/via-evening-shuttle>



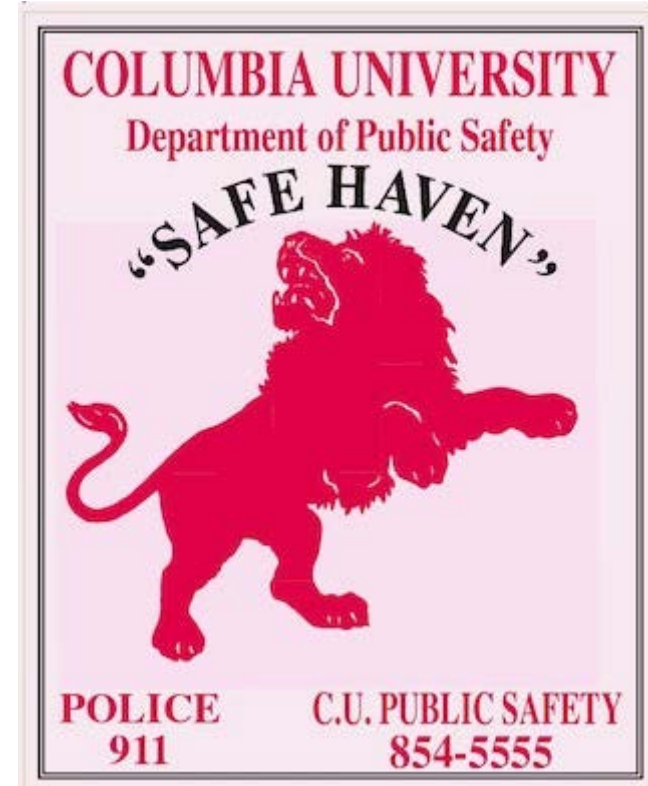
Our Presence in the Community

- Emergency Call Boxes
- Security Booths
- Foot and Vehicle Patrols
- Bike Patrols
- Walking Escorts
publicsafety.columbia.edu/safetyescorts
- Via On Demand / Intercampus Shuttle App
transportation.columbia.edu



Safe Havens

- The Red Lion is the logo for the CU Public Safety Safe Haven program organized by the Columbia University Department of Public Safety, which has screened more than 160 businesses near the Morningside, Manhattanville, and Medical Center communities.
- At establishments displaying the Red Lion decal in their windows, you can ask the merchant to phone Columbia University's Department of Public Safety or the police (911) and wait for assistance to respond. See link for more information or to view a list of the most recent Safe Haven locations: <https://publicsafety.columbia.edu/safehavens>



Morningside Campus:

- Emergency Line: 212 -854 – 5555
- Main Line: 212 – 854 - 2797

Manhattanville Campus:

- Emergency Line: 212 – 853 -3333
- Main Line: 212 – 853 -3301

Medical Center Campus:

- Emergency Line: 212 – 305 -7979
- Main Line: 212 – 305 -8100

Lamont-Doherty Campus:

- Emergency Line: 845 – 359 -5555
- Main Line: 845 – 359 -2900



New York City Police Department

- NYPD website resources
 - **Emergencies Call: 911**
 - [<www1.nyc.gov/site/nypd/index.page>](http://www1.nyc.gov/site/nypd/index.page)
 - Precincts
 - 24th Precinct – 151 West 100th Street; (212) 678-1811
 - 26th Precinct – 520 West 126th Street; (212) 678-1311
 - 33rd Precinct – 2207 Amsterdam Ave; (212) 927-3200
 - 34th Precinct – 4295 Broadway; (212) 927-9711
 - NYC Crime Map: [<maps.nyc.gov/crime/>](http://maps.nyc.gov/crime/)



Traveling Abroad?

- **Emergency Notifications:**
 - Do you know the local contact information in case of an emergency? (local police & hospitals)
 - Where is the embassy/consulate located?
 - Did you research international travel resources and alerts?
 - U. S. Department of State:
 - <travel.state.gov>

1 Exercise normal precautions

2 Exercise increased caution

3 Reconsider travel

4 Do not travel

Situational Awareness

Why Situational Awareness?

- Personal safety awareness does not begin and end at school or the workplace.
- Being aware of our surroundings allows us time to react to life threatening or uncomfortable situations.

Situational Awareness:

- Is being aware of what is happening around you in terms of where you are, where you're supposed to be, and whether anyone or anything around you is a threat to your health or safety.

Levels of Awareness:

White: Tuned Out

White

Yellow: Relaxed Awareness

Yellow

Orange: Focused Awareness

Orange

Red: High Alert

Red

Black: Unable to Function/Panic

Black

Developing Awareness - Creating a Baseline:

- What is normal for your environment?
 - Noise
 - Smells
 - Lighting
 - Movement
 - Mood
- Any sudden-deviation from the norm may alert you to a potential threat or hazard

Developing Awareness - Techniques:

- Become a hard target
- Visualization
- Scanning
- Watch your back
- Make reflective surfaces your ally
- Stop and pretend
- Personal space
- Intuition (understand how your body reacts to stressors)

Become a hard target:

- Have a plan
- Don't allow yourself to be distracted and be confident!



Visualization:

- Take time to visualize yourself in threatening situations and determine how you would react and protect yourself from danger.



Scanning:

- Where are the exits?
- Is there anything out of the ordinary? (e.g., person behaving strangely; unattended bag)
- Looking over your shoulder



Watch your back:

- **Example – Subway Station:** Place your back against a wall to remove the possibility of someone getting behind you or in your blind spot



Make Reflective Surfaces Your Ally:

- **Test yourself:** The next time you walk down a commercial street, use the display windows to help you see behind you.



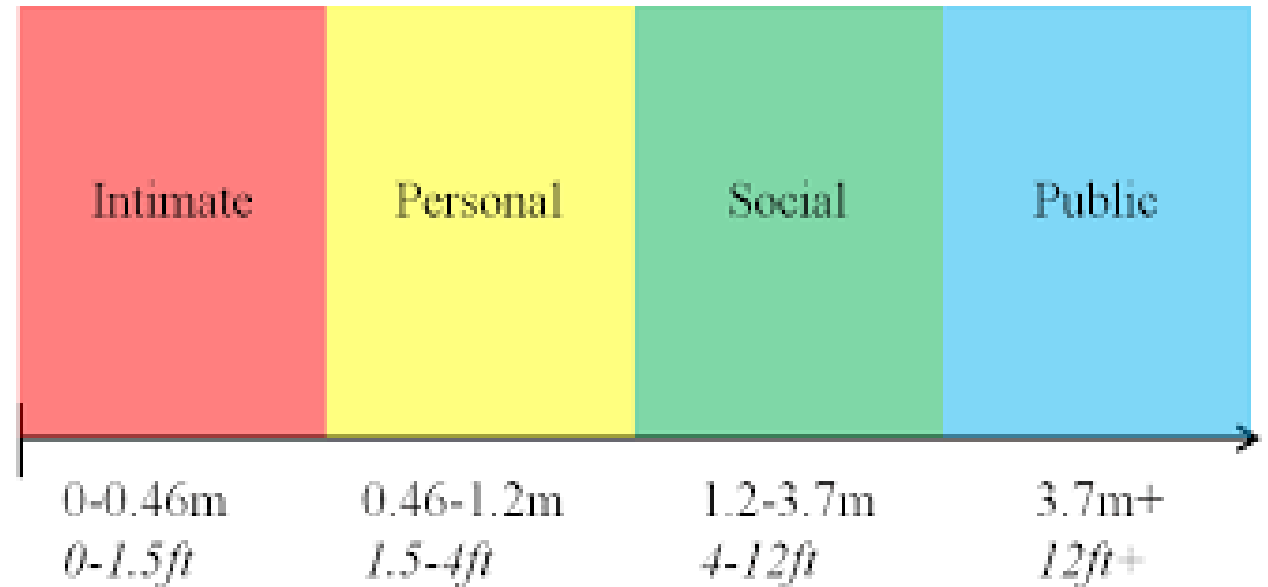
Stop and Pretend:

- If you feel someone is following you stop, turn, and pretend you went the wrong way.
- If they do not walk past and instead reroutes to follow you, seek assistance to protect yourself.



Take note when someone invades your personal space:

- Be mindful of your possessions
- What does body language, or non-verbal communication indicate?



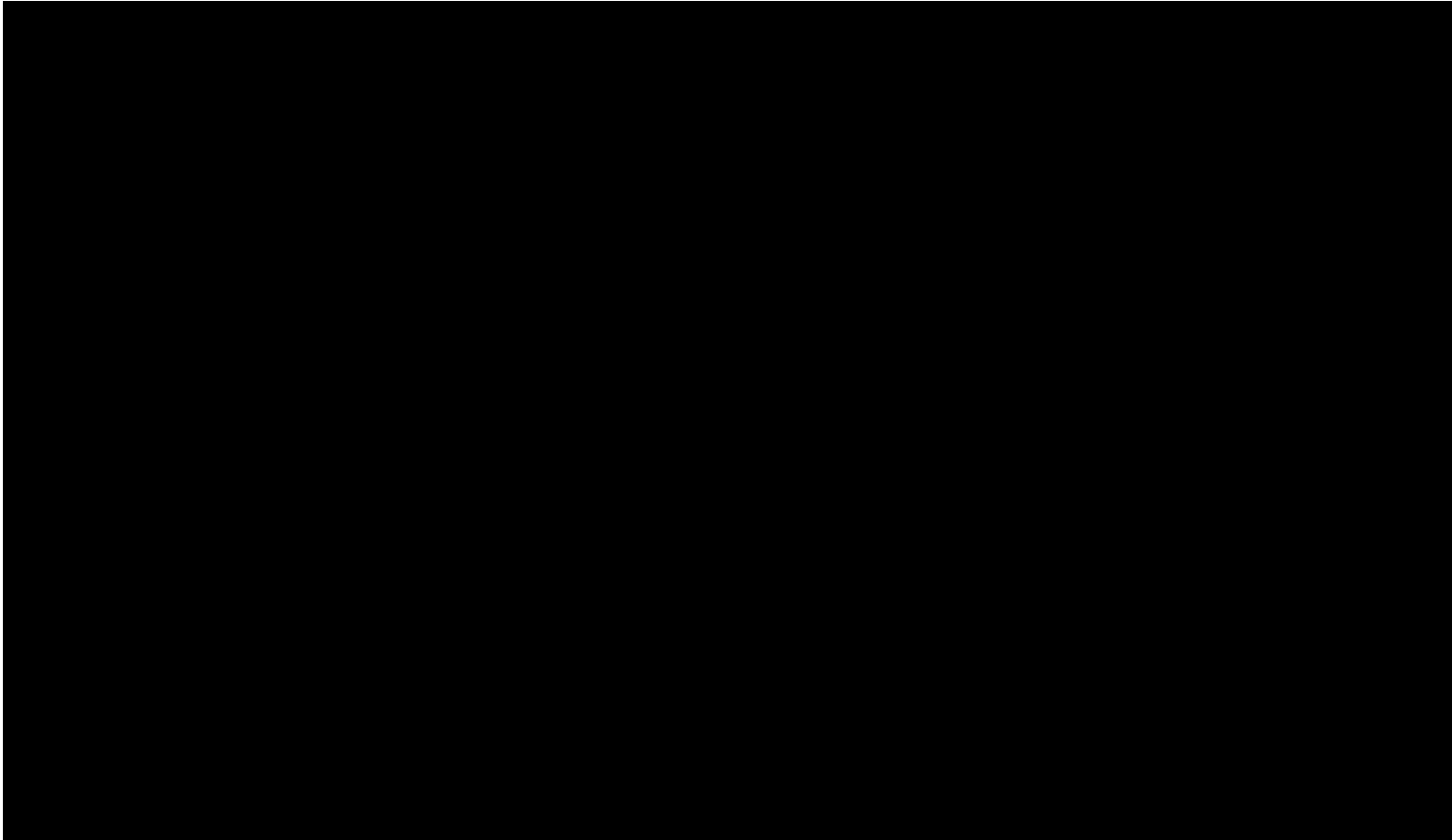
Intuition:

- We all have experienced visceral reactions to situations where things just did not add up, which may signify some type of threat or danger. Pay attention to those feelings.



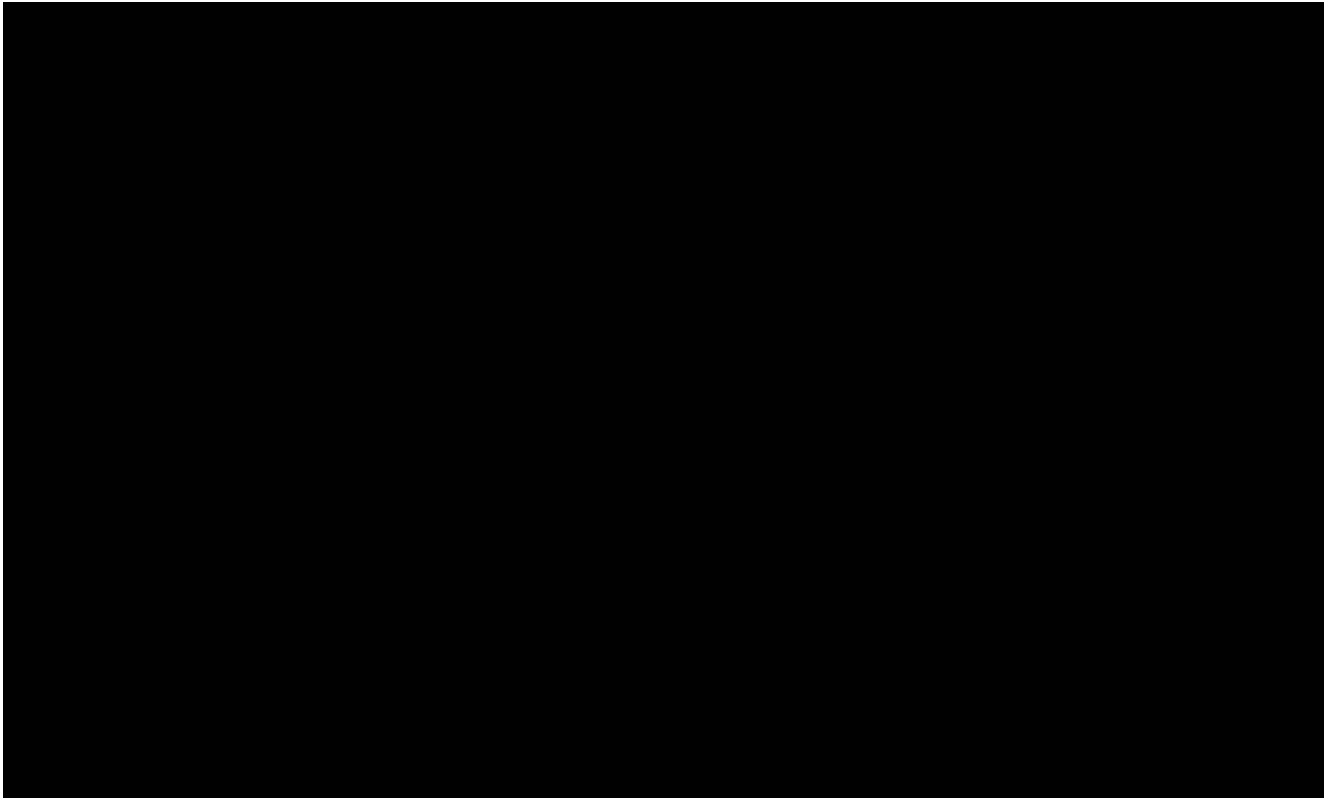
Developing Awareness – Fight-or-Flight Response:

- Acute stress response, or fight-or-flight, is a physiological (biochemical) reaction that occurs in response to a perceived harmful event, attack, or threat to survival
- The Autonomic Nervous System releases neurotransmitters, which increases heart rate, respiration, and pupillary response
- Uncontrollable shaking, auditory exclusion (loss of hearing), tunnel vision, and increased anxiety may be experienced
- Shock->Alarm->Respond->Recovery-> Exhaustion



Scenarios & Exercises

Scenario #1: “If You See Something, Say Something!”



“If You See Something, Say Something!”

- *“Man Arrested for Times Square Bomb Attempt”*
 - May 1, 2010: Two Vendors observed smoke coming from a parked SUV at intersection of 45th Street/Broadway, near the entrance of the Minskoff Theatre (Lion King). They immediately reported it to the NYPD and the police quickly evacuated the area.

Exercise #1: Conduct a Personal Risk Assessment for your evening commute home for the following threat – Mugging

Identify

- What is the threat? Mugging

Information

- What do you know about the threat?
- What are your resources?
- What are your vulnerabilities?
- What are the risks?

Assessment

- What is the likelihood & potential impact?

Manage

- How are you going to respond?

Information:

- Grayson, Betty; Stein, Morris. *Attracting Assault: Victims' Nonverbal Cues*, Journal of Communication, v31 n1 Win 1981.
- Hustmryre, Chuck; Dixit, Jay. "Marked for Mayhem." *Psychology Today*, Sussex Publishers, 1 Jan. 2009, <https://www.psychologytoday.com/us/articles/200901/marked-mayhem> Web.
- Patrick, Wendy L. "How Criminals Find Their Most Likely Victims." *Psychology Today*, Sussex Publishers, 22 Aug. 2022, <https://www.psychologytoday.com/ca/blog/why-bad-looks-good/202008/how-criminals-find-their-most-likely-victims> Web.
- Crime Prevention Tips. <<https://publicsafety.columbia.edu/crimepreventiontips>>
- Safety and Security Tips for Public Transportation. <<https://www.youtube.com/watch?v=97tFVDbmuHM>>
- NYPD Crime Map.<<https://maps.nyc.gov/crime/>>

Safety Tip: NYC Subway

- Every subway platform in NYC has a black-and-white-striped bar of wood that is lined up with the conductor's window. These indication boards “zebra boards” are present on every station throughout NYC.



Exercise #2: Conduct a Personal Risk Assessment for your morning commute to campus for the following – MTA Platform Safety

Identify

- What are the threats?

Information

- What do you know about the threats?
- What are your resources?
- What are your vulnerabilities?
- What are the risks?

Assessment

What is the likelihood & potential impact?

Manage

- How are you going to respond?

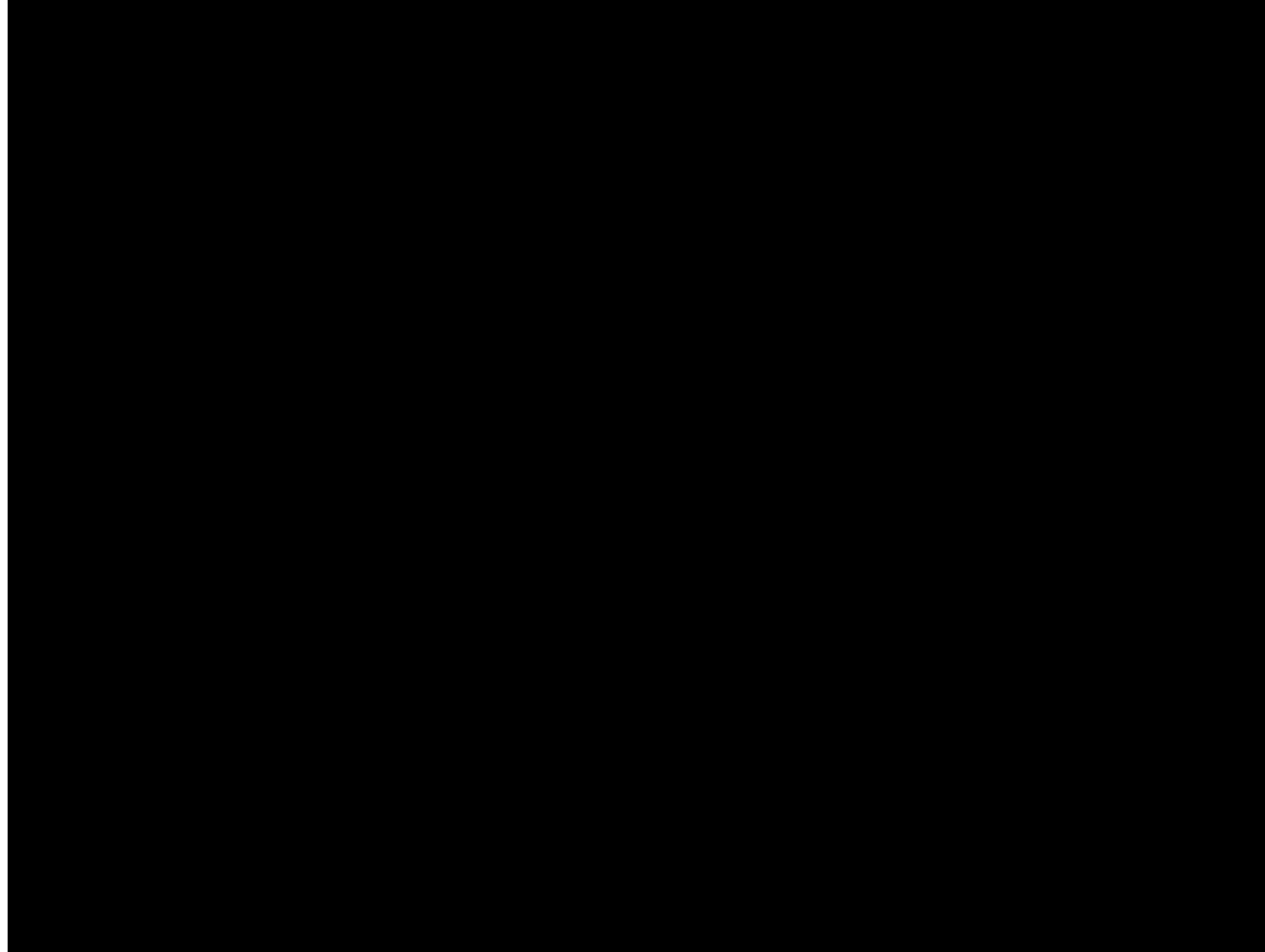
Information:

- Stand back from the edge of the platform.
- Hold children's hands or make sure they stay next to you on the platform.
- Do not lean over the platform edge to see if a train is coming, because trains can approach from either direction.
- Wait for the train to stop before stepping forward.
- Keep off the tracks, the 3rd rail contains more than 600 volts of electricity. NEVER go down onto the tracks, for any reason. If you drop something, tell a police officer, or MTA Official – Use a Customer Assistance Intercom
- Walk-don't run on platforms
- Be aware of your surroundings. If you see someone at risk? Alert a police officer or MTA Official
- MTA Platform Safety. <http://web.mta.info/nyct/platformsafety/#safety>
- Crime Prevention Tips. <<https://publicsafety.columbia.edu/crimepreventiontips>>
- Safety and Security Tips for Public Transportation. <<https://www.youtube.com/watch?v=97tFVDbmuHM>>
- NYPD Crime Map.<<https://maps.nyc.gov/crime/>>

Scenario #2:

RUN. HIDE. FIGHT.

CONTENT WARNING: This video will explore topics that may be sensitive or stress inducing. Please feel free to step outside at any time.



Information:

- Jonson, C. L., Moon, M. M., & Hendry, J. A. (2018). One Size Does Not Fit All: Traditional Lockdown Versus Multioption Responses to School Shootings. *Journal of School Violence*, 19(2), 154–166.
<https://doi.org/https://doi.org/10.1080/15388220.2018.1553719>
- FBI ACTIVE SHOOTER RESOURCES: <https://www.fbi.gov/about/partnerships/office-of-partner-engagement/active-shooter-resources>
- ALICE Active Shooter Resources: <<https://www.alicetraining.com/our-program/alice-training/>>
- Public Safety Emergency Protocols: <https://publicsafety.columbia.edu/content/emergency-protocols>
- International House Active Shooter Plan: <<chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://www.ihouse-nyc.org/wp-content/uploads/2017/10/International-House-Active-Shooter-Plan.pdf>>
- International House Emergency Notification System: <<chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/http://www.ihouse-nyc.org/wp-content/uploads/2017/10/International-House-Emergency-Notification-System.pdf>>

Tips & Additional Training

- Take ownership of your personal safety
 - Plan & Prepare for the “What if?” Situations
 - Be aware of your surroundings (locations of exits, doorways, etc.)
- Public Safety: Report suspicious persons/activity to Public Safety (**OR call 911 if not on campus**) immediately
 - **<ps-training@columbia.edu>**
- Columbia SVR: Step UP! Bystander Intervention Training:
 - All of us are bystanders when we observe actions or situations that jeopardize someone’s safety or well-being. One way to create a safe and healthy community is to be a *prosocial bystander* by taking action to help others.
 - <https://www.health.columbia.edu/services/bystander-intervention-step-0>
- Homeland Security Training
 - You Are the Help Until Help Arrives:
 - Life-threatening emergencies can happen fast, and emergency responders aren’t always nearby. You may be able to save a life by taking actions immediately.
 - **<community.fema.gov/until-help-arrives>**

Thank you!!!

Campus safety at Columbia is a shared responsibility of all members of our community. Please help us to keep our community safe by being aware of your environment, by quickly reporting suspicious activities.

“IF YOU SEE SOMETHING, SAY SOMETHING!”

Questions?