



MARIN COUNTY  
OFFICE OF EDUCATION



# *Self-Defense on Campus*

## *Safety Training for School Employees*

**Wednesday, May 3, 2017 (3:30-5:00PM)**  
**Community Room ~ Marin County Office of Education**

Responses for an intruder on campus are: Run, Hide, Fight. This training for school staff will delve into what you need to do in the worst case scenario- **When Hide turns to Fight.**

If an intruder is on campus and you are unable to flee, you should secure your classroom door, close any window coverings, turn out the lights and be quiet, and hope the intruder doesn't decide to enter your classroom. But if that intruder enters your classroom anyway, your best chance for survival is to have a plan on **HOW** and **WHEN** to try and stop them, and **WHERE** to focus your efforts. If you are unable to flee or hide, and find yourself having to confront an attacker, what is most effective is to create a **mechanical failure in the attacker** which prevents them from continuing their attack. It is important to keep in mind that you need not be stronger than the intruder. You don't need to control the intruder. You need only to take away their ability to continue their attack. In this training we will:

1. Discuss when an intruder is most vulnerable;
2. Discuss what tools you might have in a classroom to help you stop an attack;
3. Practice physical techniques and generating sufficient force to make them effective.

**Space is limited, register at:** <https://www.eventbrite.com/e/self-defense-on-campus-tickets-32905681780?aff=es2>

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