

# **UNIVERSAL SAFETY TRAINING**

**PRESENTED BY:**

**MASON COUNTY HIGH SCHOOL FCCLA**

# UNITED STATES STATISTICS

49,476

Deaths per year

2ND

Leading cause of death  
in adolescents

10.96

One death every  
10.96 minutes

1,000,000

Suicide attempts  
per year

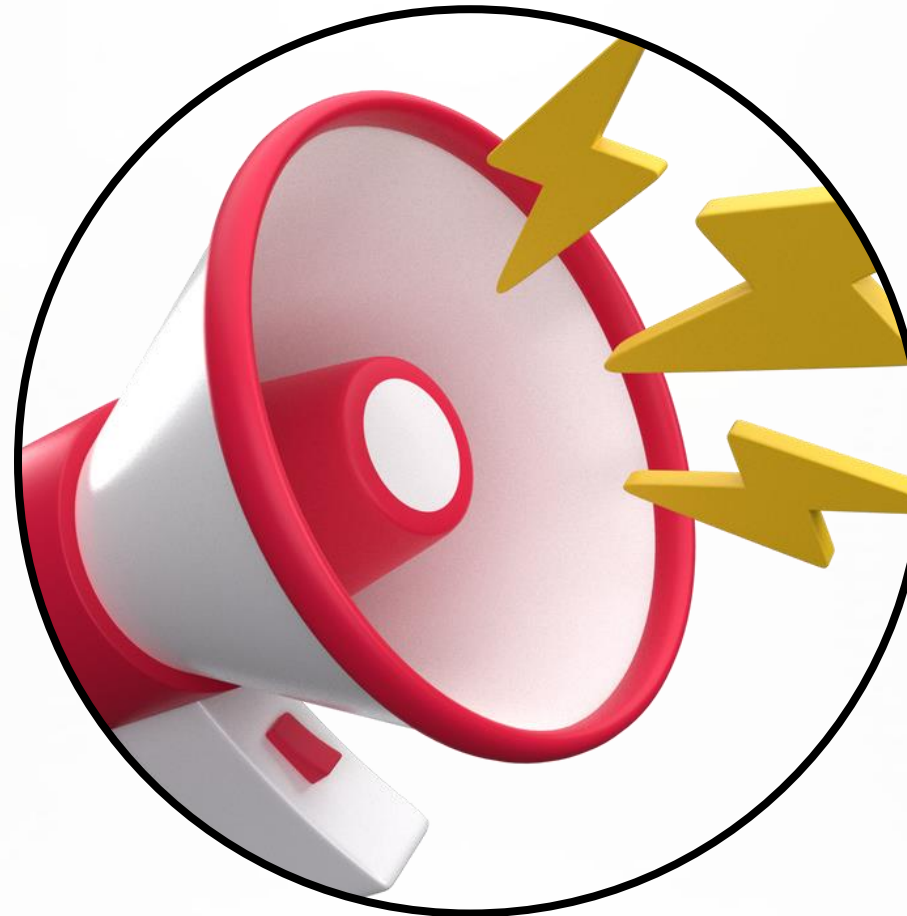
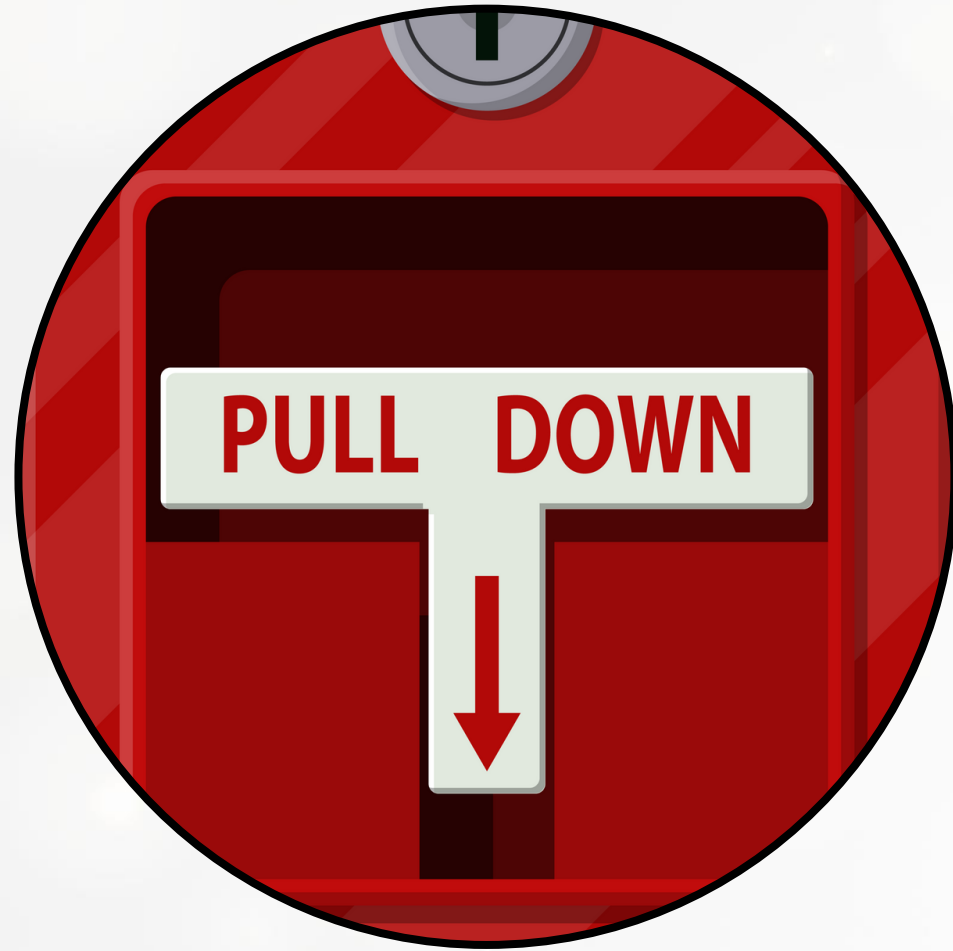
823

Kentucky deaths  
per year

54.6%

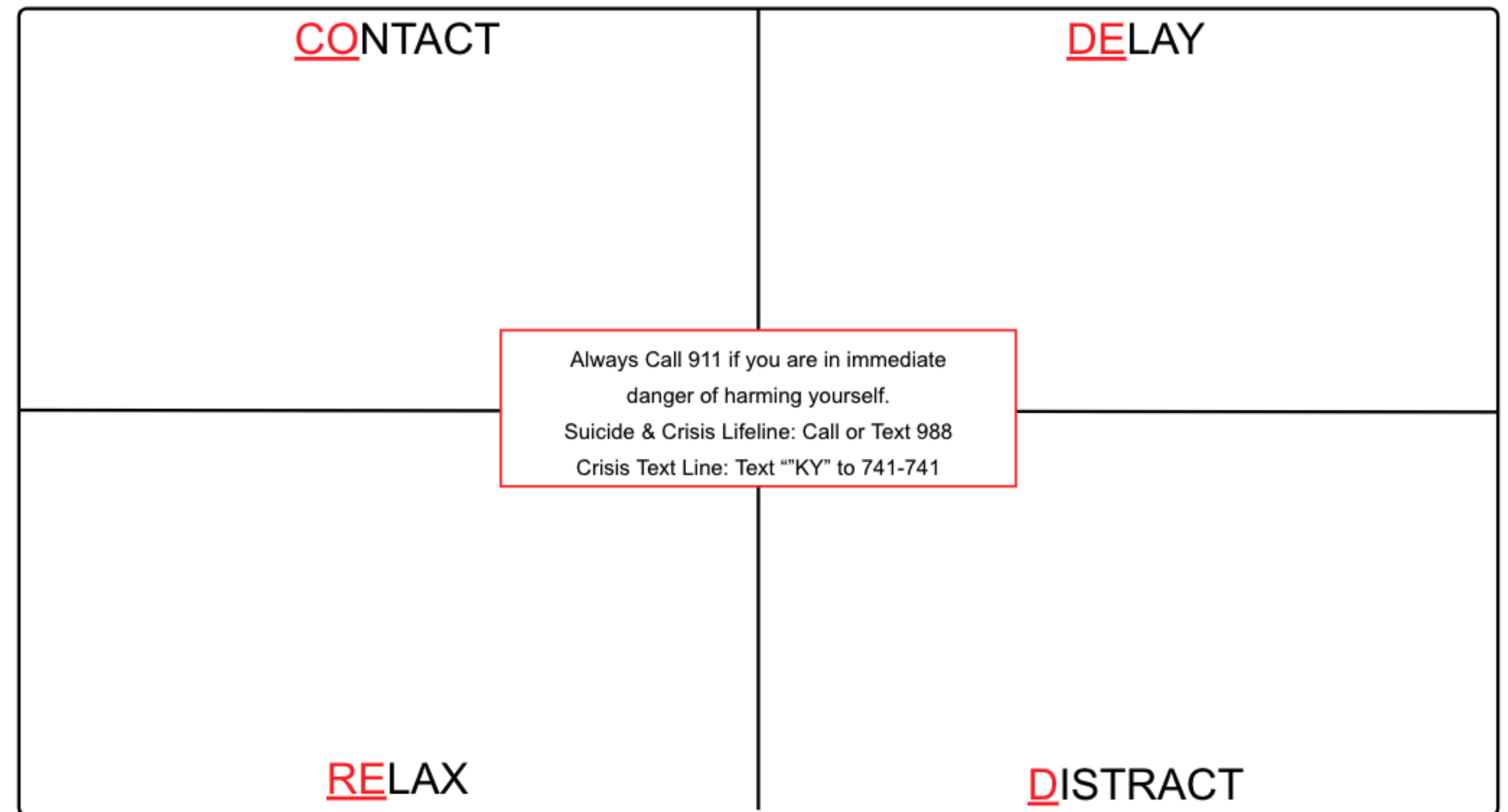
Suicide deaths  
by firearm

# CURRENT KENTUCKY SCHOOL **EMERGENCY PLANS**



# CODE RED UNIVERSAL SAFETY PLAN

A planning tool that involves youth and adults to identify trusted adults, delay risky decision making and identifying activities to relax and distract from negative thoughts.



# IMPORTANCE OF **PLANNING**

**Training both staff and students to have plans in place for their worst days equips them with the tools they need to navigate the situation safely.**





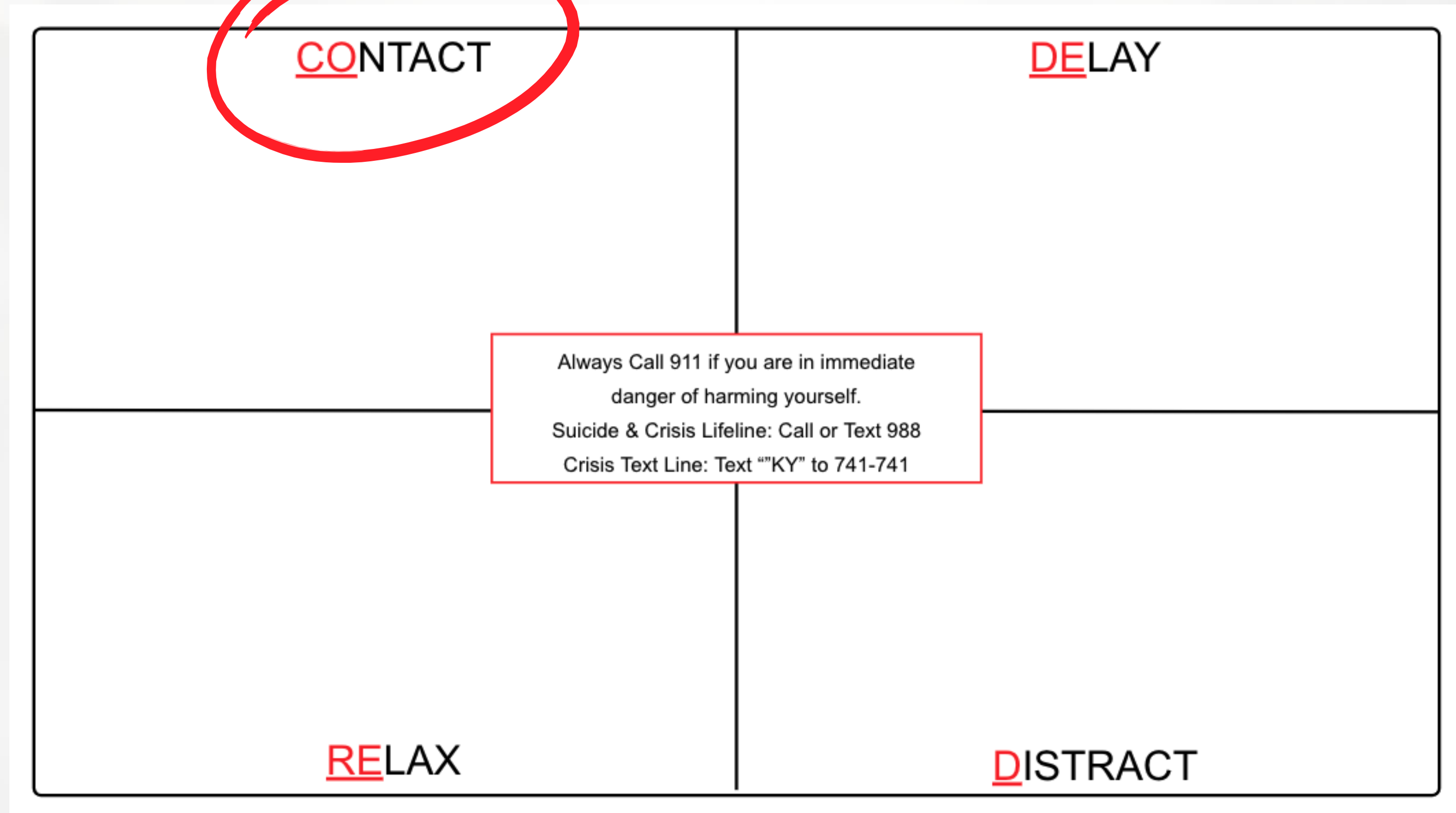


AIM FOR  
**PREVENTION**  
RATHER THAN  
**REACTION**

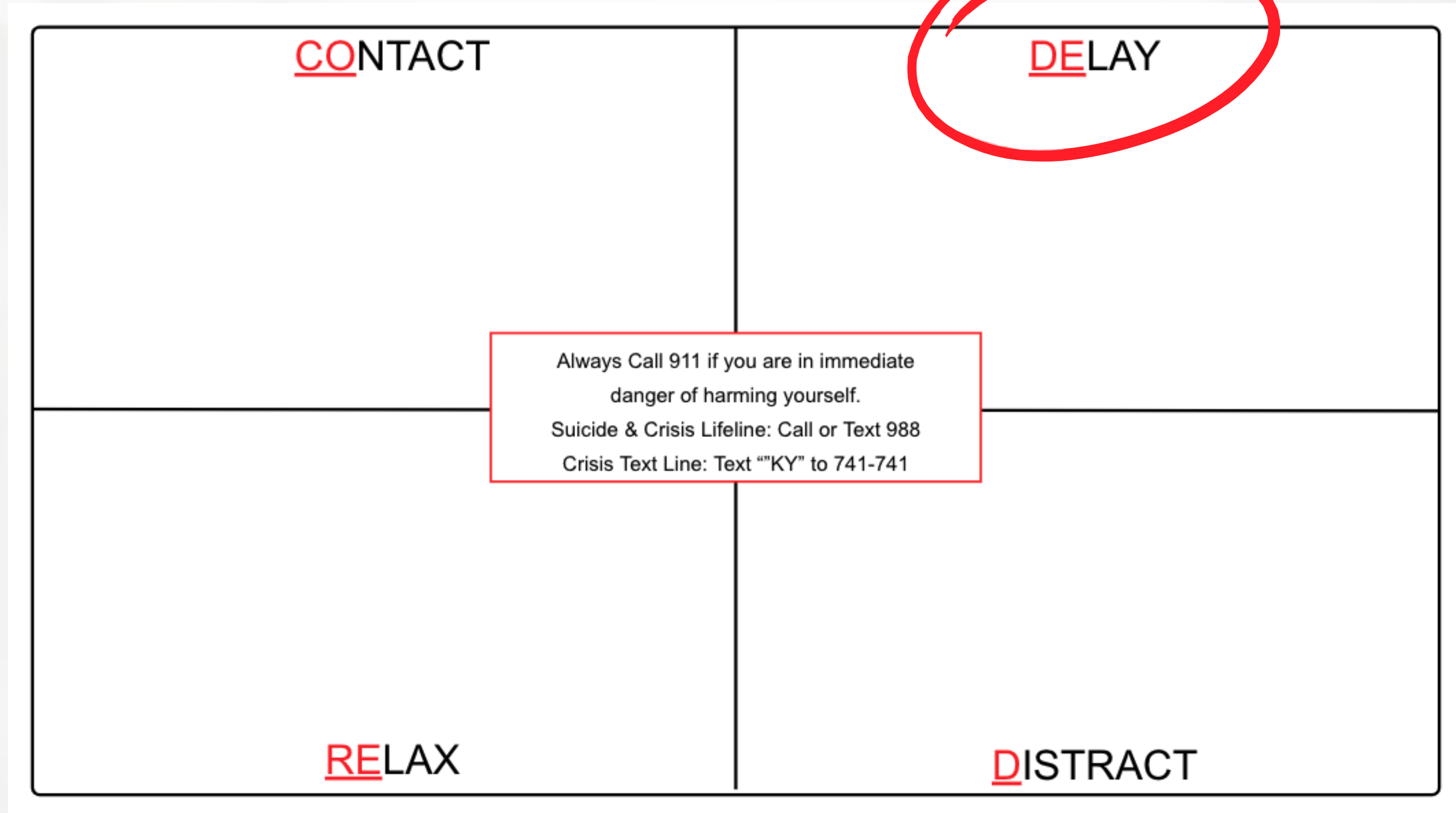




# CODE RED COMPONENTS

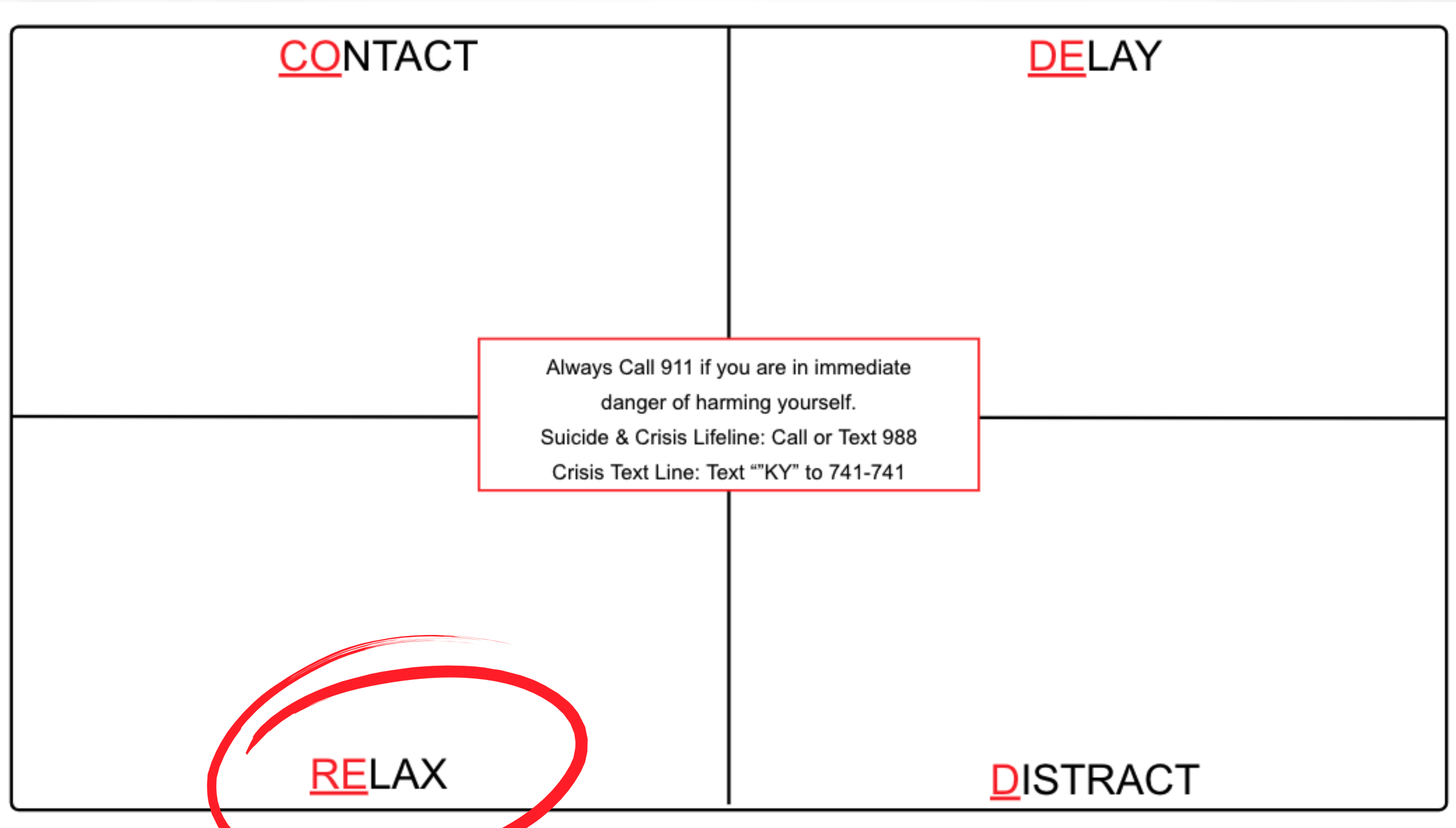


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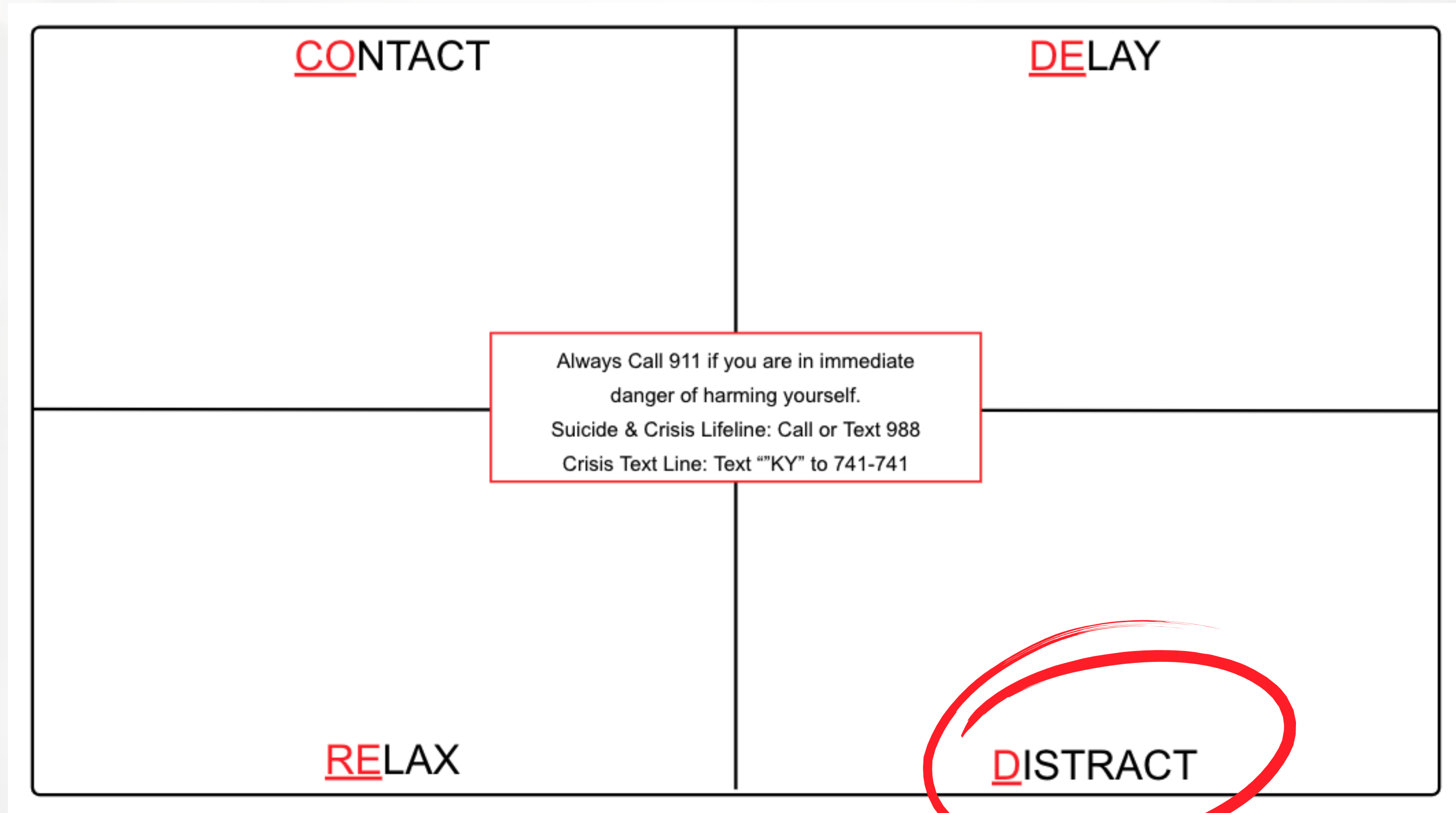




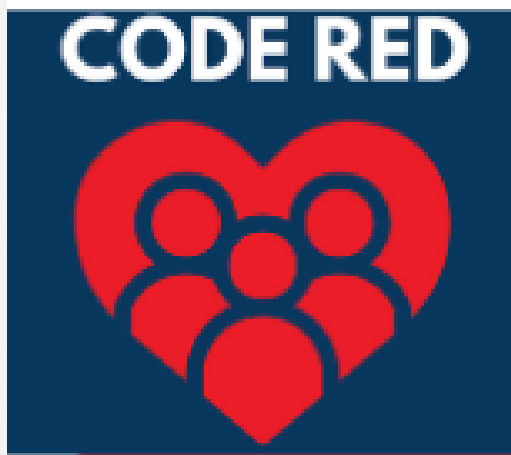
# CODE RED COMPONENTS



# CODE RED COMPONENTS



# CODE RED COMPONENTS



Contact

DElay Decisions

RElaX

Distract



<b><u>C</u>ontact</b>	<i>Who can I reach out to, to help?</i>
<b><u>D</u>elay Decisions</b>	<i>What are my reasons for living?</i>
<b><u>R</u>elax</b>	<i>What helps me calm down?</i>
<b><u>D</u>istract</b>	<i>What can keep my mind off things that are upsetting me?</i>



# Contact- *Who can I reach out to, to help?*

- ☐ Think about the people you can turn to when you need someone or something.
- ☐ Who will walk with you through your safety plan and connect you to help if needed?

# Contact- *Who can I reach out to, to help?*

- Positive Friends
- Co-worker
- Family
- Mentors
- Counselor
- Therapist
- Neighbor
- Teammate





# **DElay Decisions-**

***What are my reasons for living?***



- ☐ List the things that you can think of that give you motivation, hope, and strength to delay you from harming yourself.







# **DElay Decisions-** *What are my reasons for living?*

- Future Plans, Dreams, Goals, Career
- Accomplishments, aspirations
- Upcoming events, birthdays, anniversaries, projects

## *Activities:*

- *Call/FaceTime/Visit family, kids or grandkids/grandparents*
- *Make a list of people that depend on me*



# **RElax** - *What helps me calm down?*

**This is anything you can do to feel calm and relaxed.**

- ☐ What are the ways you can release tension in your body, what brings your heart rate down?
- ☐ What are the ways you can release tension in your brain, what slows your brain down so you can think clearly?



# RElax - *What helps me calm down?*

- Take a drive
- Sit outside in quiet location
- Meditate, body scan, mindful breathing
- Take a walk/run
- Dog park, walk dog, play with dog/cat
- Plant flowers, mow the yard, bush hog
- Play card games
- Listen to music
- Fishing/boating
- Take a hot bath
- Visit a coffee shop
- Read a book
- Mow the yard
- Craft, paint, draw, sew





# **Distract** - *What can keep my mind off things that are upsetting me?*

What can you do in  
30 seconds?



What can you do in  
3 minutes?



What can you do in  
30 minutes?



CODE RED





# **Distract** - *What can keep my mind off things that are upsetting me?*

- Take a drive
- Driving range (golf)
- Gym, swim, run, dancing, ride horses
- Visit a pet store, zoo, aquarium
- Visit a greenhouse
- Watch a funny movie
- Eat, healthy/ice cream
- Live concert, play, show
- Shopping
- Volunteer, Charity





# Code RED Plan: Crisis Support

If these coping strategies and skills are not working for you or a friend, contact crisis support.



ALWAYS call 911 if you are in immediate danger.

**Suicide Crisis Lifeline: 988**

Call, Text, or chat online :  
Text "KY" to 741741



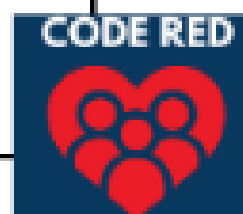
# CODE RED EXAMPLES

<u>CONTACT</u>	<u>DELAY</u>
<ul style="list-style-type: none"><li>• Positive Friends</li><li>• Co-worker</li><li>• Family</li><li>• Mentors</li><li>• Coaches</li><li>• Counselor, Therapist</li><li>• Trusted Adults</li></ul> <ul style="list-style-type: none"><li>• Take a drive</li><li>• Sit outside in quiet location</li><li>• Take a walk/run</li><li>• Dog park, walk dog, play with dog/cat</li><li>• Plant flowers, mow the yard, bush hog</li><li>• Play card games</li><li>• Listen to music</li><li>• Fishing/boating</li><li>• Take a hot bath</li><li>• Visit a coffee shop</li><li>• Read a book</li><li>• Mow the yard</li><li>• Craft, paint, draw, sew</li></ul> <u>RELAX</u>	<ul style="list-style-type: none"><li>• Future Plans, Dreams, Goals, Career</li><li>• Accomplishments, aspirations</li><li>• Call/FaceTime/Visit family, kids or grandkids/grandparents</li><li>• Make a list of people that depend on me</li><li>• Upcoming events, birthdays, anniversaries, projects</li></ul>          <ul style="list-style-type: none"><li>• Take a drive</li><li>• Driving range (golf)</li><li>• Gym, swim, run, dancing, ride horses</li><li>• Visit , swima pet store, zoo, aquarium</li><li>• Visit a greenhouse</li><li>• Watch a funny movie</li><li>• Eat, healthy/ice cream</li><li>• Live concert, play, show</li><li>• Shopping</li><li>• Volunteer, Charity</li></ul> <u>DISTRACT</u>













Always Call 911 if you are in immediate  
danger of harming yourself.

Suicide & Crisis Lifeline: Call or Text 988

Crisis Text Line: Text "KY" to 741-741



# CODE RED EXAMPLES

 <p><b>JOHN</b></p>  <p><b>AINSLEY</b></p>  <p><b>MY PARENTS</b></p> <p><del>C</del>ONTACT Who can I reach out to, to help me?</p>	<p><del>D</del>ELAY What are my reasons for living?</p>  <p><b>FAMILY TRIPS</b></p>  <p><b>AINSLEY'S FUTURE</b></p>  <p><b>ADVENTURES WITH MY STUDENTS</b></p> <p>Always Call 911 if you are in immediate danger of harming yourself. Suicide &amp; Crisis Lifeline: Call or Text 988</p>
    <p><b>inhale exhale</b></p> <p>What helps me calm down?</p> <p><del>R</del>ELEX</p>	<p><b>30 SECONDS</b>   <b>3 MINUTES</b>   <b>30 MINUTES</b></p> <p><b>PRAY</b></p>   <p>What can keep my mind off things that are upsetting me?</p> <p><del>D</del>ISTRACT</p>



# CODE RED EXAMPLES

<u>C</u> ONTACT	<u>D</u> ELAY
<p>Who can I reach out to, to help me?</p> <ul style="list-style-type: none"><li>- Mom</li><li>- Stef Burns</li><li>- Laila Burns</li><li>- Allison Skaggs</li><li>- Taylor Schroer</li><li>- Halle Pfeffer</li></ul>	<p>What are my reasons for living?</p> <ul style="list-style-type: none"><li>- College</li><li>- Teaching</li><li>- Having kids</li><li>- Getting married</li><li>- Spending time with friends and family</li><li>- FCCLA</li><li>- My cat</li></ul>
<p>Always Call 911 if you are in immediate danger of harming yourself. Suicide &amp; Crisis Lifeline: Call or Text 988</p>	
<p>What helps me calm down?</p> <ul style="list-style-type: none"><li>- Taking a walk</li><li>- Writing down my feelings</li><li>- Talking to someone</li><li>- Breathing exercises</li><li>- Sensory change</li><li>- Baking</li></ul> <p><u>R</u>ELAX</p>	<p>What can keep my mind off things that are upsetting me?</p> <ul style="list-style-type: none"><li>- Talk to somebody (call/text)</li><li>- Take a walk or a drive</li><li>- Watch a movie or a show</li><li>- Listen to music</li><li>- Praying</li></ul> <p><u>D</u>ISTRACT</p>

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# CODE RED EXAMPLES

## CONTACT

Who can I reach out to, to help me?

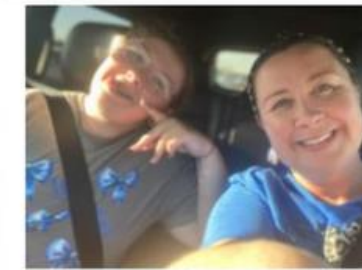
- Chad
- Mom, Dad
- Maggie
- Fani
- Ashley
- Admin
- Laura Jo
- Joe / Lauren



## DELAY

What are my reasons for living?

- Little Family
- Whole Family
- School Family
- Back in School



Always Call 911 if you are in immediate danger of harming yourself.

Suicide & Crisis Lifeline: Call or Text 988

- Baking
- Reading
- Walking (inside or outside)
- Sleeping



What helps me calm down?

## RELAX

- Water, coffee (warm drink)
- Visiting a friend
- Reading
- Take a nap
- Lifting weights
- Pottery
- Cleaning / Declutter



What can keep my mind off things that are upsetting me?

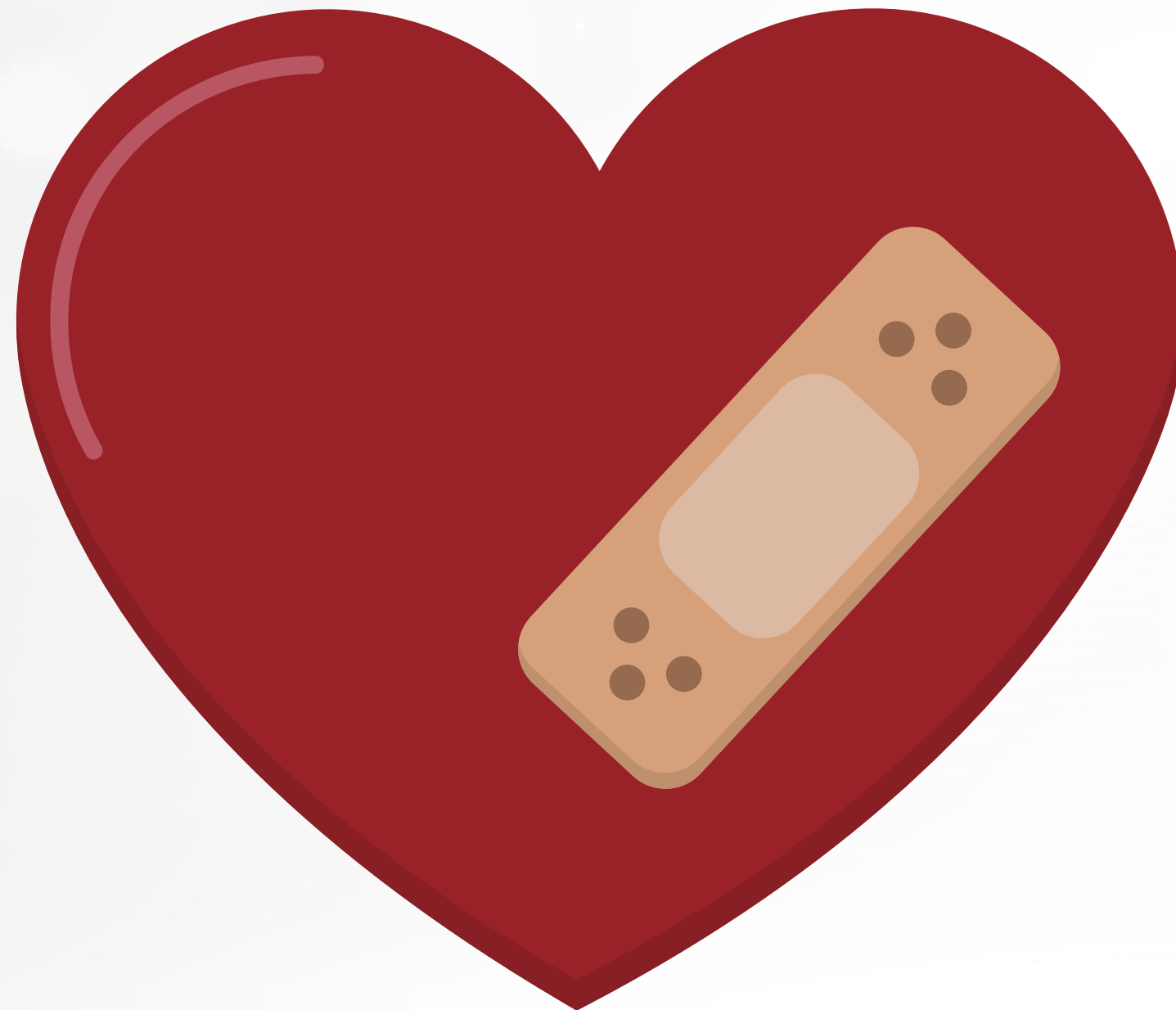
## DISTRACT



# CODE RED EXAMPLES

<p><del>C</del>ONTACT</p> <p>Who can I reach out to, to help me?</p> <p><b>My family</b></p>  <p><b>Hayley</b></p>  <p><b>Ryan</b></p>  <p><b>Grant</b></p> 	<p><del>D</del>ELAY</p> <p>What are my reasons for living?</p>       
<p>Always Call 911 if you are in immediate danger of harming yourself.</p> <p>Suicide &amp; Crisis Lifeline: Call or Text 988</p>	
<p><b>RELAX</b></p> <p>What helps me calm down?</p>      	<p><b>30 SECONDS</b></p> <p><b>Pray</b></p>  <p><b>3 MINUTES</b></p> <p><b>Call a friend</b></p>  <p><b>30 MINUTES</b></p> <p><b>Take a ride</b></p>  <p><b>DISTRACT</b></p> <p>What can keep my mind off things that are upsetting me?</p>

# OUR UNIQUE MISSION



**1** HOPE

**2** STRENGTH

**3** HEALING



# ACKNOWLEDGEMENTS



# THANK YOU

**Mason County High School FCCLA Adviser**

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