

# ST. ANTHONY OUTREACH

Lafayette Police Department  
Outreach / Crime Prevention



# RESPONSE TO VIOLENCE

Your Personal Mental Preparedness & Awareness

Optimal Attentiveness to Your Surroundings

New Approach to Readiness

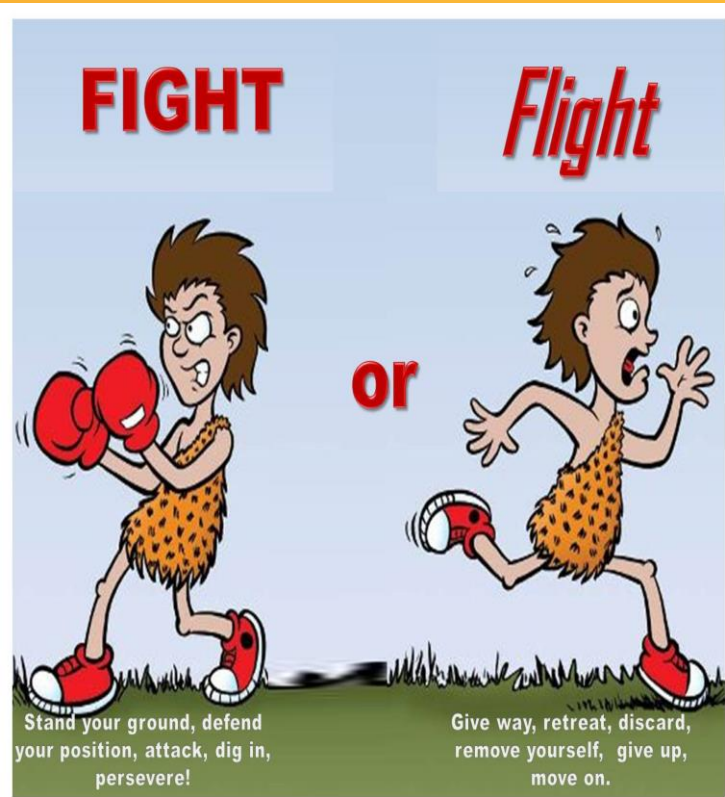
# NO NEED TO MEMORIZE THIS

Fight – Flight – Freeze

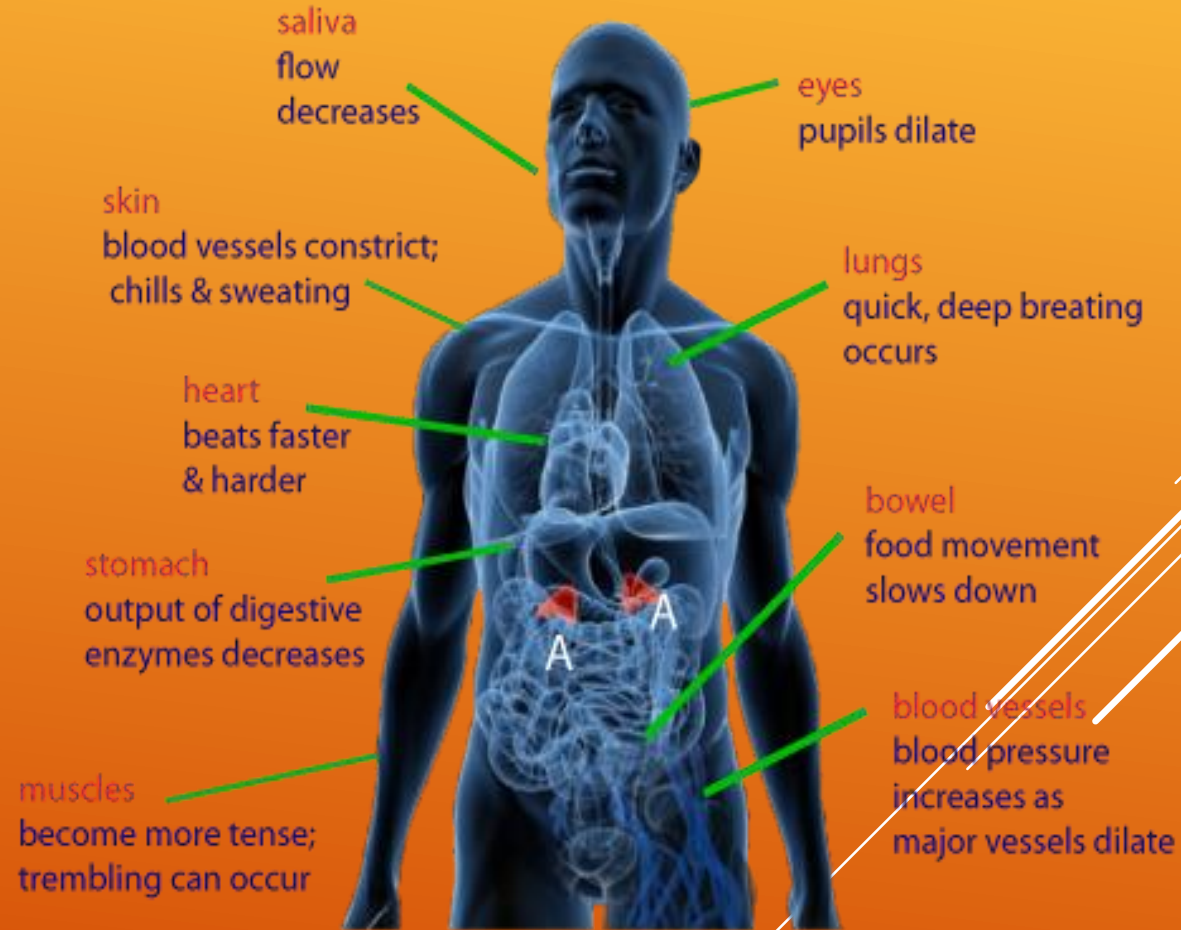
Run- Hide – Fight

**Move – Escape – Attack**

- ▶ Video – New Approach
  - ▶ <https://youtu.be/5VcSwejU2D0>
  - ▶ Move – Escape – Attack / Not Linear
- 
- A decorative graphic consisting of several parallel white lines of varying lengths, slanted upwards from left to right, located in the bottom right corner of the slide.



## Fight or Flight Response





# SITUATIONAL AWARENESS





Who is the target here?

## SITUATIONAL AWARENESS

### COMATOSE

In shock, unable to function.

### HIGH ALERT

Confirmed threat, need to take action.

### FOCUSED AWARENESS

Carefully observing a potential danger.

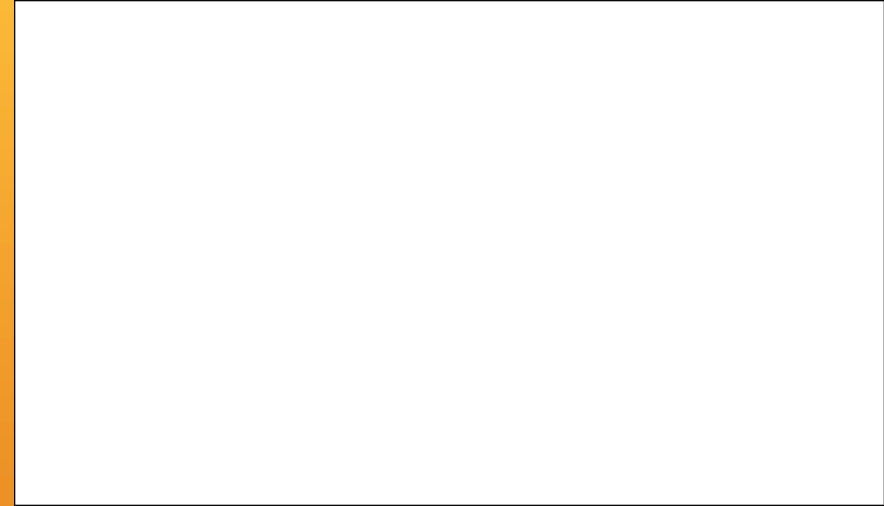
### RELAXED AWARENESS

Paying attention, but enjoying life.

### TUNED OUT

Unaware of surroundings.





Condition White

Most People - Oblivious



Condition Yellow

Paying Attention – Alert of Surroundings

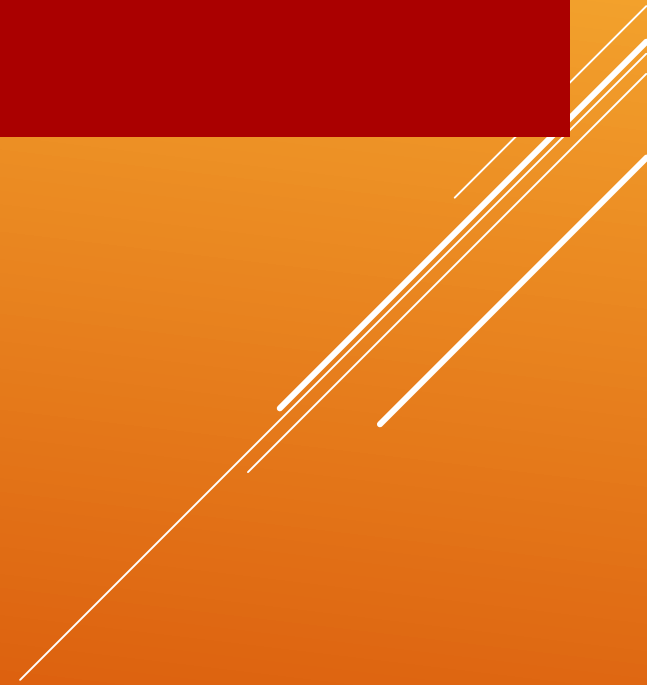


Condition Orange  
Hypervigilance





Condition Red – Fight or Flight





Condition Black

- Done



# TAKE – A – WAYS

- Live in Condition Yellow
- Accept the reality you have to mentally plan for potential attack
- Mentally game plan your response