

I'M NOT SCARED... I'M PREPARED!

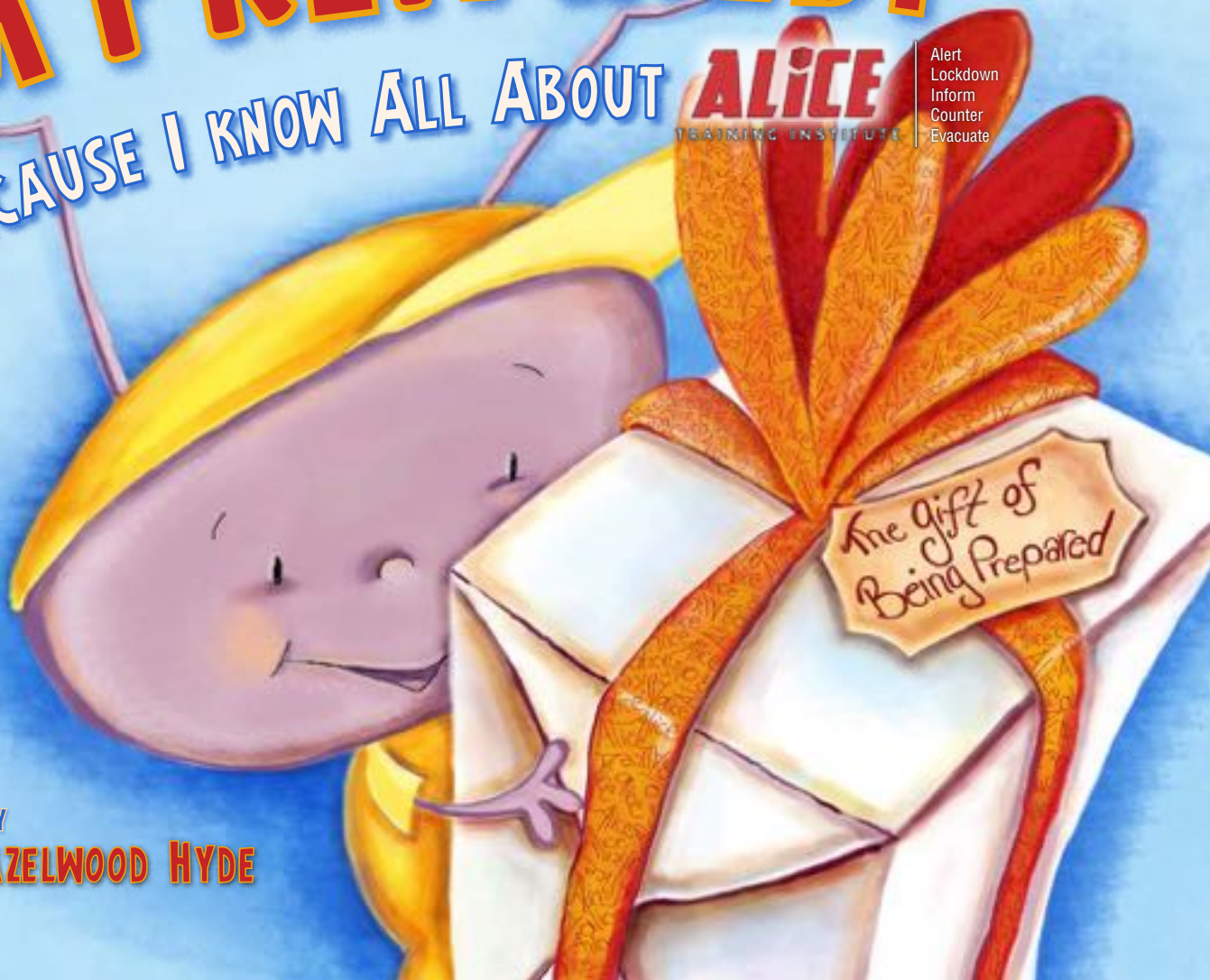
BECAUSE I KNOW ALL ABOUT

ALICE
TRAINING INSTITUTE

Alert
Lockdown
Inform
Counter
Evacuate

WRITTEN BY
**JULIA
COOK**

ILLUSTRATED BY
MICHELLE HAZELWOOD HYDE



We even have safety drills that we practice.

There's the Fire Drill, so we'll be prepared and know what to do if we ever have a fire.

There's the Bad Weather Drill, so we'll be prepared and know what to do if we ever have bad weather.

And today, my teacher taught us a new drill. It's called **The Sheep, The Shepherd and the Wolf Drill**. This is the drill that teaches us what to do if there is ever a "dangerous someone" inside our school that isn't supposed to be there.



The

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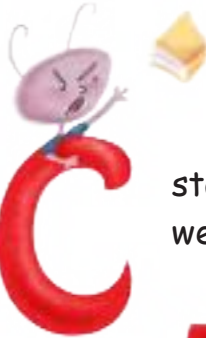
stands for **ALERT**. (There's a wolf in the building!)



says we need to **LOCKDOWN**.



says **INFORM**, 'cause we must tell others if we've seen the wolf around.



stands for **COUNTER**. If the wolf sees us, we must do things to ruin his day.



stands for **EVACUATE**, which means leave the building and run away!"



“But where do we run? And when do we stop?” I asked.

“Excellent question,” my teacher said. “Let’s all take a walk and I’ll show you”



"If the wolf gets into our classroom,
we'll know just what to do.

Make noise, run around and
throw our **somethings** at the wolf,
and then we'll run right through,

the door and down the hallway, but don't run in a straight line.

Run in a funny **ZIG-ZAGGY** way, and make strange noises the whole time!

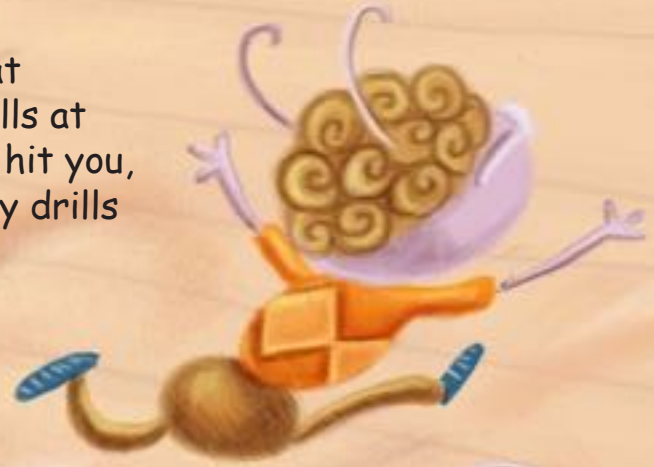
But instead of throwing our **some things** at Mr. Olsen, we threw wadded up paper balls at him. They don't hurt as much when they hit you, and like my teacher always says: "Safety drills are supposed to help us NOT hurt us!"

We made it
through the doorway,

and ran **ZIG-ZAGGY** down the hall,

waving our arms in the air and
making really strange noises.

We were **super** careful
not to run into each other.



I did all of these things at school today, Mom, and my principal didn't even care!"

"YOU DID
WHAT?????????"

So then, I told
my mom what
really happened!



A stands for **ALERT**. (There's a wolf in the building!)

L says we need to **LOCKDOWN**.

I says **INFORM**, 'cause we must tell others if we've seen the wolf around.

C stands for **COUNTER**. If the wolf sees us, we must do things to ruin his day.

E stands for **EVACUATE**, which means leave the building and run away!"

WHEN FACED WITH DANGER, YOU MUST DO SOMETHING.

The teacher at the Ant Hill School wants her students to be prepared—for everything! One day, she teaches her students what to do if a "dangerous someone" is in their school.

"Class, my teacher said to us, we need to learn a new drill. It's called *The Sheep, The Shepherd and the Wolf*, so get ready... here's the deal!"

"I'll be your shepherd, and you're all my sheep, so you must do what I say. Pretend there's a wolf in our building, and we **MUST stay out of his way!"**

"We need a great plan of action in case we start to get scared. The A.L.I.C.E. Plan will work the best, to help us be prepared."

Unfortunately, in the world we now live in, we must ask ourselves the essential question: What options do I have for survival, if I ever find myself in a violent intruder event? "I'm Not Scared...I'm Prepared!" will enhance the concepts taught by the ALICE Training Institute, and make them applicable to children of all ages in a non-fearful way. By using this book, children can develop a better understanding of what needs to be done if they ever encounter a "dangerous someone."

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I applaud Julia and the ALICE Training Institute for providing education to our young students about potential school intruders through "I'm Not Scared...I'm Prepared!" While it is a scary subject, it's also a genuine threat, and students as well as staff deserve preparation. "I'm Not Scared...I'm Prepared!" helps students envision their reaction to an intruder prior to an incident. Because students are accustomed to the step-by-step ways schools normally function, it's important to show them that there is no singular response to these dynamic events.

Joey Melvin

Former School Resource Officer and Deputy Director of The Comprehensive School Safety Plan, Delaware Department of Safety and Homeland Security/Delaware Capitol Police.

*Administrators/Educators, "I'm Not Scared...I'm Prepared!" is a brilliant, proactive way of educating children how to handle lockdown and evacuation situations. Julia has certainly created a dynamic tool for educators to talk to children in "kid terms" about what to do if there is an intruder in the building. **The Sheep, The Shepherd and The Wolf Drill** will empower communities nationwide to improve school safety.*

Erin E. Bowden M.S.

Professional School Counselor



Julia Cook M.S. is a national award winning children's author, counselor and parenting expert. She has presented in over 800 schools across the country, regularly delivers keynote addresses at national education and counseling conferences, and has 41 published children's books. The goal behind all of Julia's books and efforts is to actively involve young people into her fun and creative stories and teach them to become life-long problem solvers. Inspirations for her books come from working with children and carefully listening to parents and teachers.


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P.O. Box 22185
Chattanooga, TN 37422-2185
423.899.5714 • 866.318.6294
fax: 423.899.4547 • www.ncyi.org

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