

A.L.I.C.E. MIDDLE SCHOOL  
STUDENT LESSONS





The A.L.I.C.E. Age Appropriate Student Lessons for Washtenaw County were developed in collaboration with educators, mental health professionals and law enforcement personnel throughout the county.

Special thanks and acknowledgement is given to:

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Dear Washtenaw County Educator,

The Washtenaw Intermediate School District, in conjunction with our local law enforcement, would like to thank you for teaching the age-appropriate student lessons. The process for the development of the student lessons included:

- Grade level teacher team meetings (April and May)
- Review of the first iteration of the A.L.I.C.E. age-appropriate lessons with recommendations and feedback provided by the countywide Train the Trainers-a group of over 100 representatives from all districts and law enforcement (May 13)
- Grade level teachers recommending amendments to the A.L.I.C.E. lessons (May)
- Grade level teachers finalizing A.L.I.C.E. lessons (August)
- Lesson reviews by law enforcement teams with final recommendations (September)
- Pilot of student lessons in school classrooms throughout the county (September)

This packet includes:

- A letter from Washtenaw County Sheriff, Jerry Clayton
- Parent letter to be sent home prior to teaching the lessons
- Age appropriate lesson plans

A day or two prior to teaching the lesson(s) please do the following:

1. Carefully read the entire lesson
2. Determine when you will teach the lesson
3. Download all of the lessons, links, and activities (if applicable)
4. Ensure you have the proper technology
5. Discuss the upcoming lesson with students (read through teacher tips about the sensitivity of the topic and how to approach them with students)
6. Send home the parent letter

It is our goal to have the A.L.I.C.E. student lessons taught throughout the entire county prior to winter break. Please help us reach this goal. Should you have any questions, concerns or would like to dialogue with lesson developers, please send an email to: [alicestudentlessons@gmail.com](mailto:alicestudentlessons@gmail.com)

Thank you,  
Washtenaw County A.L.I.C.E. Initiative Training Team

Date: \_\_\_\_\_

Dear Middle School Students and Families,

The Washtenaw Intermediate School District is working in conjunction with the police departments of Ann Arbor, Chelsea, Milan, Saline, Ypsilanti, Northfield Township and Pittsfield Township to develop a countywide initiative to help educate and prepare your child in the unfortunate circumstance of an active threat within the middle school. The WISD has also enlisted the advice and expertise of the Eastern Michigan University Police Department, the University of Michigan Public Safety Department as well as the Washtenaw County Sheriff's Office, to educate and train staff to appropriately and safely respond to any active threat that could occur in our school.

Throughout the past year, our school's staff, as well as most other school employees in Washtenaw County, have been trained in a nationwide program known as A.L.I.C.E. (Alert, Lockdown, Inform, Counter, and Evacuate). This training program has educated staff about various active threat situations. Through the guidance of A.L.I.C.E. trainers, our employees have acquired the appropriate actions and protocols to help students and staff maintain a safe environment, should such a threat become a reality. Our staff is now ready to pass along these protocols and guidelines to students. Having both staff and students prepared with the proper response to an active threat will help ensure their safety and survival.

A.L.I.C.E. is a set of proactive strategies that increase chances of survival during an active threat or armed intruder situation. While no one can predict the outcome of any tragic event, A.L.I.C.E. provides knowledge to empower students and staff with survival options. Throughout the country, the A.L.I.C.E. program is recognized as a positive program that goes beyond the traditional lockdown response to active threats.

A.L.I.C.E. training/instruction for \_\_\_\_\_ middle school will take place on \_\_\_\_\_ 2014.

Please be advised that this type of training may increase emotional reactions from your child. As partners in educating your child, we ask that you please talk to them before AND after the training about the serious nature of active threats and what they might be feeling. Again, this training will provide our students with the necessary responses to save their own lives and quite possibly the lives of others.

On the day(s) of A.L.I.C.E. training, your child should expect:

- An overview of the A.L.I.C.E. program and active threats
- To view short videos that brief them on active threats and proper responses
- Teacher-led action plans and classroom protocol for responding to active threats
- Group work and interactive discussion about protocols and responses for other areas of the building/campus
- To develop appropriate action plans and responses for active threats
- ***Students will not be exposed to inappropriate scenarios or images of violence***

If you have any questions, please contact your building principal at \_\_\_\_\_ Please fill out and sign below the dotted line and return to your student's classroom teacher by \_\_\_\_\_.



\_\_\_\_\_ Yes, I understand my child will participate in the upcoming A.L.I.C.E. lessons

Student Name \_\_\_\_\_ Parent Signature \_\_\_\_\_

Teacher's Name \_\_\_\_\_ Grade \_\_\_\_\_ Date \_\_\_\_\_

Sincerely,

Washtenaw County A.L.I.C.E. Initiative Training Team

# A.L.I.C.E.

## *Middle School Lesson Plan*

The purpose of this lesson is to introduce/prepare students for the possibility of an active threat to students and staff.

**A.L.I.C.E.** (*Alert, Lockdown, Inform, Counter, and Evacuate*) is a set of proactive strategies that increase chances of survival during an armed intruder event. While no one can guarantee there will be no casualties or injuries, we can guarantee that passing on knowledge will empower people with options of survival.

This lesson is specifically geared towards the middle school student. Although this is a detailed lesson plan, keep in mind that A.L.I.C.E. is ultimately about **options**. It is about how we react to each specific situation. Every teacher is going to react differently based on his or her comfort level and proximity to the active threat.

Discussing A.L.I.C.E. in a positive, age-appropriate, open, and reassuring manner will help make our students prepared to deal with life's realities.

### **General Tips for Teachers**

The tragedy that took place in Newtown, Connecticut is incomprehensible; children and adults alike are struggling with what to think and feel. However, while it is a difficult subject, it is important for educators to talk with students about the events that took place. Experts say that, through a child's mind, avoiding the topic can actually make the shooting seem more eminent and threatening.

Experts also indicate that when it comes to traumatic events in general, a child does not have to personally experience it to feel the negative effects. With such widespread media coverage of the school shooting, many children anxiously watched this tragedy unfold, along with adults. Even if you have tried to shield your adolescent from the horrific event, it is highly unlikely that he/she will not hear about it at school or learn more details through friends or social media.

- **Start the conversation and listen carefully:** Begin by asking what the students know about certain past occurrences and what they thought and felt. Listen closely for misinformation, misconceptions, and for underlying concerns and fears.
- **Reassurance is the key:** The concern for re-occurrence is likely on their minds. Students need to hear that you are doing exactly what you need to do to keep them safe at school and are taking every precaution necessary to keep them safe at their school. They also need to be reminded that their only job at school is to focus on learning and enjoying their time with friends and classmates.

- **Encourage questions:** Without dwelling on frightening details, provide students with accurate answers to their questions, and when possible, gently correct misinformation or misconceptions. Do not make this a one-time conversation; additional questions are likely to arise for the students as event details continue to emerge. *Also, do not be afraid to acknowledge that you do not have all the answers.*
- **Look for signs of anxiety and stress in students:** In times of stress, such as this one, children and teens may have difficulty with their behavior, concentration and attention. If the student's reaction to any traumatic event continues, refer the student to the school psychologist or social worker. **(Source:alicetraining.com)**

It is difficult to try to comprehend such an act of violence, much less, have to explain it to our children. But nonetheless, it is vitally important to talk about it with our students. We must also help them understand there are no right or wrong emotions and that a wide range of reactions is completely normal and expected. We also encourage you to keep the conversation going and continue to provide your children with opportunities to talk about what happened.

Keep in mind that there are many ways that this lesson plan could be presented to students.

Suggestions:

- \* Present during Advisory/Homebase time.
- \* Rotate lessons so that students are given information from different teachers as well as a variety of areas in the school.
- \* Grade levels present the lesson plan on the same day.
- \* It is important for students to know that these scenarios can play out in all classrooms and areas of the building... so we need to think about involving elective/specials teachers.

## **A.L.I.C.E.**

### **Purpose of the lesson**

Introducing Washtenaw County middle school students to A.L.I.C.E.

### **Duration**

3 - 4 Class periods (~50 minutes each)

### **Age appropriateness**

Middle school students (~age 10 - 15)

## **Teacher preparation**

View A.L.I.C.E. training website via <http://www.alicetraining.com/> Also, refresh your training of the Washtenaw County Sheriff's Office "Active Shooter Survival" powerpoint at:

<http://www.ewashtenaw.org/government/sheriff/community/alice/alice-training-presentation>

Another great source is Washtenaw County's Beyond the Badge which highlights the A.L.I.C.E. work at <http://youtu.be/5s1VaEr3rPE>

Have teachers display the A.L.I.C.E. acronym on their computer/smart board - Use the A.L.I.C.E. training website if they need to find the acronym. <http://www.alicetraining.com/alice-acronym/>

## **Procedures**

Introduction -

*Suggested introductory opening for teachers:* You've probably heard of the horrific situations that have happened at schools and communities throughout the country. Today we will discuss a program that has been adopted by all Washtenaw County Schools to help us be prepared if an unfortunate circumstance occurs at our school.

What are situations that you may have heard about involving active threats to schools?

CNN link: <http://www.cnn.com/2012/12/14/us/timeline-school-violence/> This source can be used to obtain a better understanding of the frequency of school violence (*time varies depending on how quickly you go through the 66 slides that show various incidents.*)

Listen to students and have an open discussion with the intent of clearing up any misconceptions/fears that they may raise.

*Suggested teacher dialogue:* We are going to show you a video made by the students at Lange Middle School in Columbia, MO. <http://www.youtube.com/watch?v=k6ksnSzy6M&sns=em> (*17:38 minutes*)

Teachers will then discuss student responses to the video.

Teachers will now present middle school age appropriate A.L.I.C.E. activity.

## **A.L.I.C.E. Activity**

Walk students through the procedure using the A.L.I.C.E. protocol sheet.

1. Students are given A.L.I.C.E. protocol sheet.
2. Teacher: What may cause us to start this procedure?
3. Students: (Possible responses)
  - "Someone is seen in the hallway."

- “There is an announcement about an intruder in the school.”
- “We hear a gunshot, noise, scream, etc.”

### **Phase 1**

Everyone will receive an acronym sheet describing A.L.I.C.E. on the front side. The reverse side of the sheet will show just the letters with room for students to write down and/or sketch the action plan (see A.L.I.C.E. Middle School Acronym Sheet 1 and 2, attached).

The teacher will direct the discussion and talk through a scenario, following the A.L.I.C.E. protocol to develop an action plan for the class. In other words, what would happen if the students were in the classroom and there was an active threat in the school? How would the alert be given? How/when do we implement lockdown? Who do we inform and what information are we supposed to give? What are the methods and means of non-contact counter? What is the evacuation plan? When developing that plan the teacher needs to make sure the dos and don'ts of A.L.I.C.E. are followed, paying special attention to the non-contact methods of counter.

*(If desired and approved by building level administrator, this is an ideal place to show the Washtenaw County Sheriff's Office PowerPoint, “Active Shooter Survival.” All or only portions of the powerpoint may be appropriate).*

Throughout the classroom discussion, students will fill out the backside of the A.L.I.C.E. protocol sheet with the action plan developed by the teacher.

### **Phase 2**

Act out the action plan developed in the classroom. Please ensure that all students are safe. There is no reason to put students in harm's way during this activity. Remind students that this is a serious situation that requires serious actions and responses. The teacher explains that there is an active shooter threat in the building. The students will then rehearse the developed A.L.I.C.E. action plan.

### **Phase 3**

Form small groups of students to discuss and develop a possible action plan for other areas of their school. (e.g.: hallway, cafeteria, gymnasium, art room, computer lab, locker room, outside areas, media center, bathroom, and office).

Students/groups will be given additional copies of the A.L.I.C.E. protocol sheet. Have the student groups place the name of their given area on the top of the back side of the sheet. If necessary or appropriate, have the students view their assigned area in order to obtain the layout. The students should work throughout the class period to design an action plan appropriate for their designated area. The teacher should circulate throughout the classroom, answering questions as they arise, as well as offering advice about the best course of action.

Once the students/groups have worked out an appropriate action plan, the next step is to share the action plans from each area. As the action plans are being shared, have the students suggest and discuss improvements to the strategies. Quite often another group may have created a strategy that can be implemented in another area.

#### **Phase 4 (Recommended but Optional)**

Act out the action plan(s) developed by the student groups.

Physically take the students to those designated areas throughout the school and allow them to get a feel of how they would react during an active threat. Please ensure that all students are safe. There is no reason to put students in harm's way during this activity. Remind the students that this is a serious situation that requires serious actions and responses.

Once the action plans are deemed successful by the teacher, it is recommended that the plans be displayed in the classroom and referred to throughout the school year.

It is important to remember that while a well-developed action plan is the preferred method of responding to an active threat, many times things do not work out as designed. How you react as a teacher and how well the students are prepared in an emergency situation is critical to a safe outcome. Following the sequential steps of an A.L.I.C.E. action plan is not necessary, but rather choosing the best option/course of action that ensures student safety and their evacuation from the active threat.