



O PERSONAL SAFETY

Section 1

The Cober Code

Relaxed and completely unaware

Relaxed but aware. Minimum acceptable level when in public

Potential threat identified. Attempt to verify, evade if necessary.

Threat verified. Execute necessary response.





Black: Panic, frozen or in

shock. Breakdown of mental and physical performance.



UNAWARE – WHITE ZONE







TRANSITIONAL SPACES

- From car to house or apt
- From car to gas pump and back
- From school to car or car to school
- Rest stops
- Car to grocery store and back
- ATM's
- House to mailbox

TRANSITIONAL SPACES





WHAT DOES AWARENESS DO FOR YOU?

Prevention

Awareness buys you time and time buys you options

Protect others



SUCCESS!

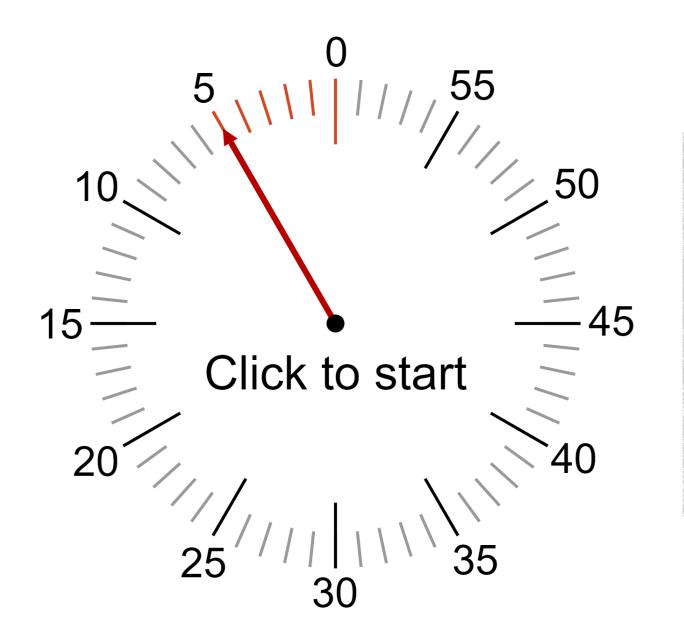




PAIR N SHARE

 Share with your partner your transitional spaces and how you navigated them before today and how you will navigate from here on out.





5 MINUTE BREAK



CHURCH

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| | | Self-received | 200 | |

Section 2

Proverbs 21:31

"The horse is made ready for the day of battle, but victory rests with the Lord."

Proverbs 22:3

"The prudent sees danger and hides himself, but the simple go on and suffer for it"



IT HAPPENS SO FAST





THREE STAGES IN EVERY EMERGENCY

- Denial
- Deliberation
- Decision



RUN

- If there is an escape route, move quickly to a safe area
- Escape by exits or windows
- Help others escape
- Prevent and warn others along the way about the danger



HIDE

- Hide until help arrives
- Lock and/or barricade your door
- Silence
- Hide behind large objects
- Remain calm and quiet
- Hiding should be out of the attacker's view, provide protection, not trap or restrict your options.



FIGHT

- •Fight as a last resort
- Attempt to incapacitate the attacker
- Improvise weapons, use any means
- Commit to your actions



PAIR N SHARE

•What lessons have you learned and how might it effect your behavior at church.

•What simple changes could you make today in your house, sabbath school or church?



2ND TIMOTHY 1:7

"For God has not given us a spirit of fear, but of power and of love and of a sound mind."



QUESTIONS AND COMMENTS









OTTALE TO PRACTICE

Section 3



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TO DEBRIEF

Section 4