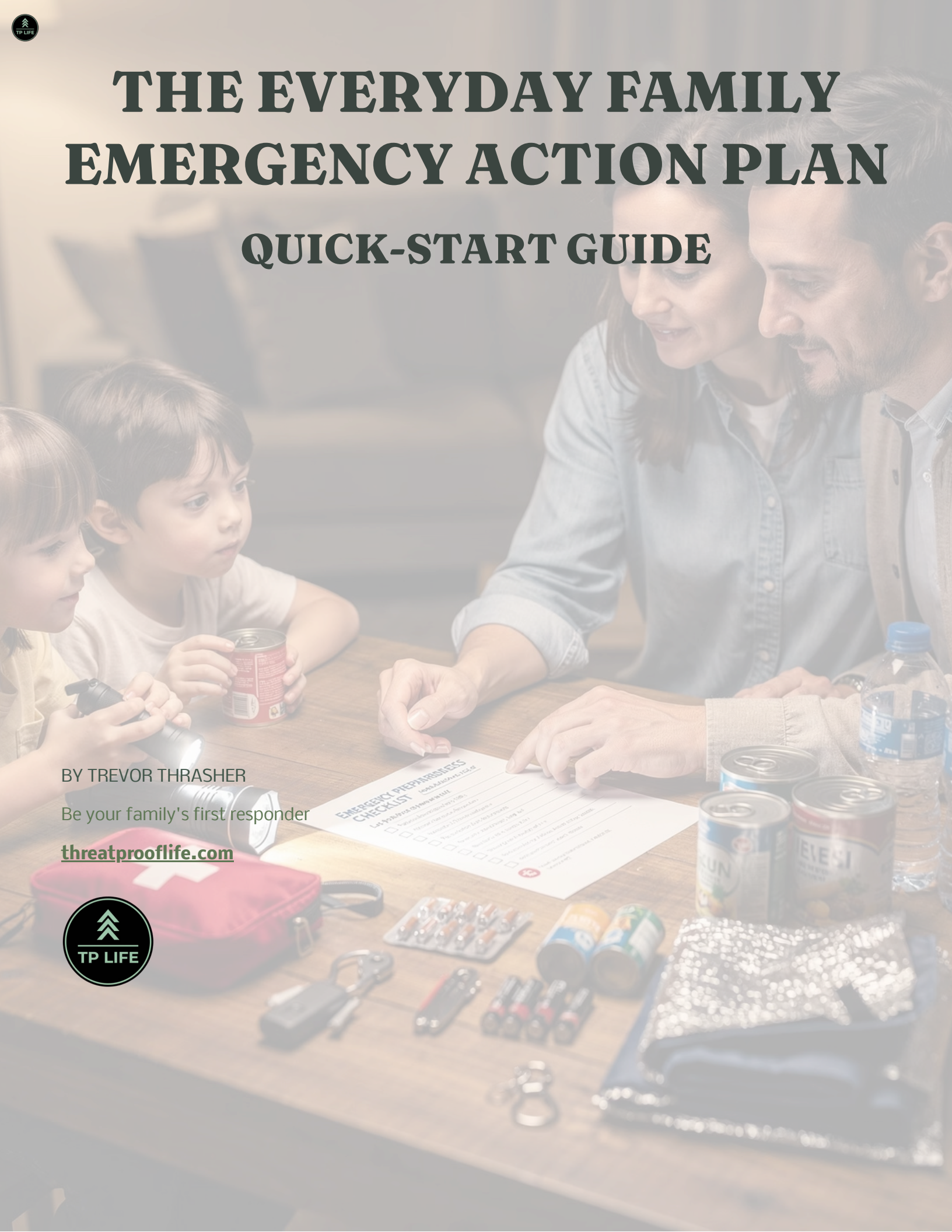




# THE EVERYDAY FAMILY EMERGENCY ACTION PLAN QUICK-START GUIDE



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The idea behind this plan is simple: two of everything that matters. In the special operations world we say one is none, two is one — if something is important, have a primary way and a backup way to do it. Fill this in with your family, post it, keep a copy in the car. These five responses are options, not a fixed order — you pick the best one for the moment and keep a backup ready.

### **ALERT** how your family warns each other

#### **Primary way to call for help**

Usually a cell phone. Note: any phone can dial 911 with no plan.

#### **Backup way to call for help**

A text or social message, or where to find a landline.

#### **Our out-loud alert words**

Orange = get ready, threat possible. Red = act now. "Safe room" x3 = everyone to the safe room.

#### **Our covert word or phrase (warns family without tipping off a threat)**

A dead pet's name, or someone's middle name — something only your family understands.

#### **Our kids' anti-scam password (in case an AI fakes their voice)**

### **RUN (EVADE)** getting out and back together

#### **Primary way out**

Usually the way you came in.

#### **Secondary way out — the unexpected one**

Over a railing, off a patio, out a window. Have the means to use it.

#### **Near rally point (quick to reach, where we count heads)**

#### **Far rally point (out of sight and sound of the location)**

#### **Who confirms everyone is accounted for**

### **HIDE (BARRICADE)** making a room hard to reach you

#### **Primary barricade room**

#### **Backup barricade room**

#### **Two ways to secure the door (more than the lock)**

Door wedge, furniture, body weight. Never rely on the lock alone.

Room defense: barricade the door, lights off, phones silent, get out of view and behind cover, and prepare to defend or escape.

### **FIGHT** protecting each other when it's the right call

#### **Primary improvised weapon**

Hard, heavy, sharp, or blinding. Sturdy enough not to break, handy in tight spaces.

#### **Secondary improvised weapon**

Commit fully, work as a team, and don't stop — even if injured. If police may arrive, get behind cover and put any weapon down or out of sight so you aren't mistaken for the threat.

### **AID** stopping the worst before help arrives

#### **Trauma kit #1 location — home**

A trauma kit, not a first-aid kit: tourniquet and wound-packing supplies.

#### **Trauma kit #2 location — car**

#### **Who can stop serious bleeding**

Direct pressure, wound packing, and a tourniquet for limbs.

Know the recovery position: keep an unconscious person off their face and off their back — on their side, able to breathe.

This plan is step one. The thinking and the practice matter more than the paper — nothing beats rehearsal. Walk the kids to the safe room. Say the code word out loud. Run it for real. These same five responses work almost anywhere — home, work, school, travel, a concert, an amusement park. Take them with you.

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# START SIMPLE

Most families don't have a plan. They have a gun in a drawer, a first-aid kit in a closet, and a quiet hope that they'd "figure it out" if something went wrong. But under real stress, people don't rise to the occasion – they fall back on whatever they've already decided. If nothing's been decided, they hesitate, give conflicting directions, and lose the seconds that matter most.

This guide fixes that. In about 30 minutes you can build a basic plan your family actually understands, then update it for any new place in about 60 seconds. You don't need to be tactical. You need to be decisive. The pages that follow explain the few simple ideas behind the plan, then walk you straight into filling out the one-page checklist.

## A FEW SIMPLE IDEAS FIRST

### **TWO OF EVERYTHING**

For anything that matters in a crisis, have a primary and a backup – two ways to call for help, two ways out, two places to meet. One option is fragile; two gives you a fallback when the first fails.

### **ONE IS NONE**

An old saying among professionals: if you only have one of something critical and it fails, you have nothing. A dead battery, a single locked exit, a plan with no Plan B – that's how people get stuck.

### **HAVE A BACKUP PLAN**

Decide not just your first move, but your next move if the first doesn't work. When the exit is blocked or the room won't barricade, you don't want to be inventing a plan on the spot.

### **STAY FLEXIBLE**

A plan is a starting point, not a script you follow off a cliff. Commit fully to the option you pick, but keep part of your attention open and switch the instant a better window opens.



# THE FIVE CORE RESPONSES

Everything in this plan organizes under five plain-English responses: **Alert, Run, Hide, Fight, Aid.** A seven-year-old can remember them, and that's the point.

**These are not a fixed order.** They're options on a menu, not steps in a line. You might run first. You might have to fight before you can get out. You might hide, then run when a window opens. The situation and your family's capabilities decide which one fits the moment – and you keep a backup ready for each. The same five work almost anywhere: home, work, school, travel, a concert, an amusement park.





# ALERT

## HOW YOUR FAMILY WARNS EACH OTHER

- Primary way to call for help
- Backup way to call for help
- Out-loud alert words – Orange / Red / "Safe room"
- Covert word only your family knows
- Kids' anti-scam password/Family Password

Alert is how your family warns each other, and it has three layers.

First, two ways to call for help: usually a cell phone, with a backup like a text, a social message, or a landline. (Any phone can dial 911 by law, even with no plan.)

Second, out-loud words everyone knows – "orange" means a possible threat, so heads up and pay attention; "red" means act now; "safe room" three times sends everyone to the safe room.

Third, a covert signal that warns your family without tipping off a threat – a dead pet's name, a middle name, a word only you understand. And because AI can now fake a voice on a phone call, give your kids an anti-scam password too. This can serve as a family password as well. Plenty of parents and grand parents have been scammed by grandchildren who happen to need them to send money to bail them out.



# RUN

## EVASDE GETTING OUT AND BACK TOGETHER

- Primary way out
- Secondary way out – the unexpected one
- Near rally point
- Far rally point
- Who counts heads

Running or evading is getting out and getting back together. Your primary way out is usually the way you came in – but in a crisis everyone funnels to that one exit, and a threat may come through it too.

So have a secondary, unexpected way out – over a railing, off a patio, out a window – and the means to actually use it.

Then pick two places to meet: a near rally point you can reach fast to count heads, and a far rally point out of sight and sound of the location, in case it's still dangerous to be close.

Accountability is important here. Have a way to figure where everyone is and if they are safe.





# HIDE

## BE HARD TO SEE AND HARD TO REACH

- Primary barricade room
- Backup barricade room
- Two ways to secure the door – more than the lock
- Lights off, phones silent, out of view, behind cover
- Ready to defend or escape

Hiding is simply not being seen and is mostly temporary. The more defensive aspect is to barricade a room or area to prevent intrusion. It means making a room hard to breach or enter while keeping you protected – and being ready if someone gets in. Even extra seconds or minutes of delay can make it easier to get help coming, or can buy you vital time to prepare your defenses or possible escape.

Pick a primary and a backup room, and have two ways to secure the door beyond the lock: a wedge, furniture, your body weight if it comes to that. Never rely on the lock alone.

Once you're in: lights off, phones silent, out of view and behind cover, with two improvised weapons in reach and a plan for the door. Cover any window in the door so an attacker can't see in. And don't open up until you can positively confirm it's the police. This is prepare-to-defend-or-escape, not wait-and-hope.





# FIGHT

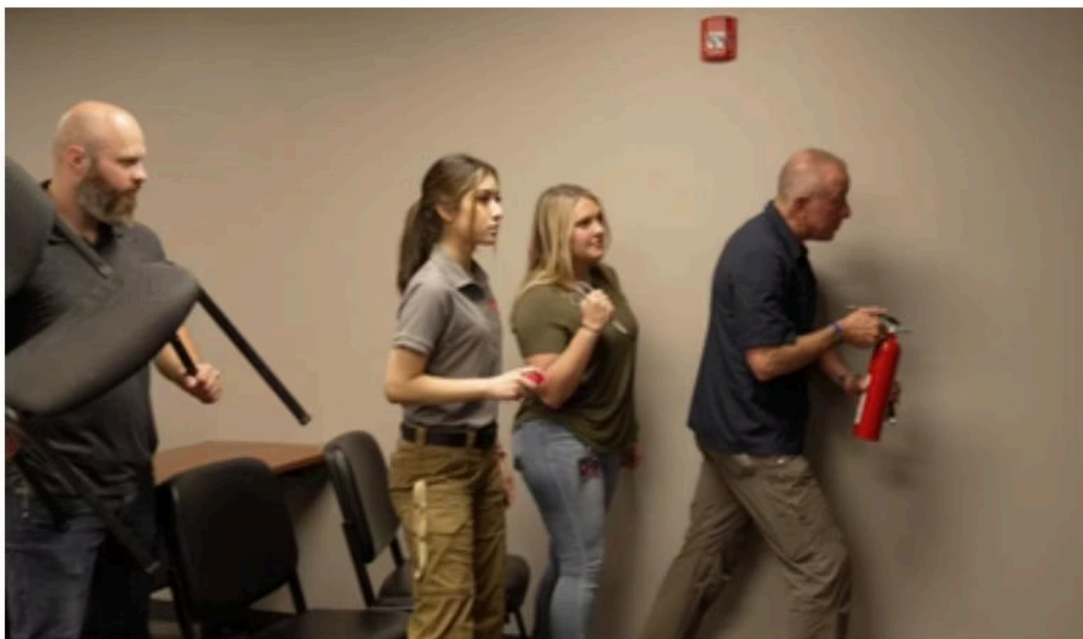
## PROTECTING EACH OTHER WHEN IT'S THE RIGHT CALL

- Primary improvised weapon
- Secondary improvised weapon
- Commit fully, work as a team, don't stop
- If police may arrive, weapon down and out of sight

If you have to protect each other, commit fully – work as a team, and don't stop, even if you're hurt.

Keep two improvised weapons in reach: anything hard, heavy, sharp, or blinding, sturdy enough not to break and easy to swing in a tight space – a hammer, an axe, a fire extinguisher, pepper spray. Guns are an option with additional training and responsibility.

One caution that has saved lives and cost them: if the police may be arriving, don't stand in the open holding a weapon. Get behind cover and put it down or out of sight so you're not mistaken for the threat.



# AID

## STOPPING THE WORST BEFORE HELP ARRIVES

- Trauma kit at home
- Trauma kit in the car
- Stop serious bleeding – pressure, packing, tourniquet
- Recovery position – on their side, able to breathe

Aid is medical and other measures you may need before EMS and others arrive or in case they simply can't get to you.

Keep two trauma kits – not first-aid kits – one at home and one in the car, each with a tourniquet and wound-packing supplies. Know how to stop serious bleeding: direct pressure, wound packing, and a tourniquet for a limb (and how to improvise one).

Learn the recovery position – keep an unconscious person off their face and off their back, on their side where they can breathe. And keep the basics handy: key phone numbers, your address said out loud, and where your gear is.





# THE PLAN IS NOT THE PRIZE

Here's the part most people miss: the plan itself isn't the prize. A friend of mine from SEAL Team Six puts it this way – having a plan is good, but the planning process, sitting down together and talking it through, is even better. And nothing beats rehearsal. Practice the important parts the way you'd run a fire drill: matter-of-factly, no drama, make it a challenge. Kids handle this better than you think – they already practice at school. Now your family has a plan too.

**This plan stretches further than you think.** Most of what you just planned works for far more than a break-in – it's the core of how a ready family responds to almost anything. A complete plan also includes a fire plan, a weather plan, a long-term disaster plan, an armed-defense plan, and a simple medical plan.

## THIS IS STEP ONE

This guide is step one. Pull up the checklist, sit down with your family tonight, and fill it in – then walk it for real. Say the code word out loud. Walk to your safe room. Five minutes of practice beats a perfect plan nobody's ever run.

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- Questions: [trevor@threatprooflife.com](mailto:trevor@threatprooflife.com)

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