

# AVOID/DENY/DEFEND

Since 2002, the Advanced Law Enforcement Rapid Response Training (ALERRT)™ program at Texas State University has been used to train law enforcement officers across the nation in how to rapidly respond to dangerous active threat situations.

Over the years we've seen response times shorten and the capabilities of law enforcement increase. As a result of increased public awareness, many citizens have asked what they can do to protect themselves and reduce the dangers faced during one of these events. As we've seen that hiding and hoping isn't a very effective strategy, Avoid Deny Defend® has been developed as an easy to remember method for civilians of all ages and abilities to follow.

## AVOID | DENY | DEFEND™

During an act of violence (robbery, hostage situation, workplace violence, active shooter, etc):

### **AVOID** starts with your state of mind.

- Pay attention to your surroundings
- Have an exit plan
- Move away from the source of the threat as quickly as possible
- The more distance and barriers between you and the threat, the better

### **DENY** when getting away is difficult or maybe even impossible.

- Keep distance between you and the source
- Create barriers to prevent or slow down a threat from getting to you
- Turn the lights off and silence your phone
- Remain out of sight and quiet by hiding behind large objects

### **DEFEND** because you have the right to protect yourself.

- If you cannot AVOID or DENY, be prepared to DEFEND yourself
- Be aggressive and committed to your actions
- Do not fight fairly. THIS IS ABOUT SURVIVAL.

### **Call 911 when you are in a safe area.**

When Law Enforcement arrives, show your hands and follow commands.



**ALERRT**  
TEXAS STATE UNIVERSITY

Remember that **What You Do Matters.®**

For more information, visit **AvoidDenyDefend.org**  
or email: **ADD@alerrt.org**

ALERRT at Texas State University's Avoid Deny Defend® training is a not-for-profit vital message and may be used at no cost provided it is distributed at no cost to the end user. We only ask that you credit ALERRT at Texas State as the creators of the Avoid Deny Defend® program.

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