



Trauma-Informed Drills Resources

1. Terri Erbacher and Scott Poland

This article discusses the emotional impacts drills can have on students and offers guidance on different types of drills and how often they should be conducted.

- [School Psychologists Must Be Involved In Planning and Conducting Active Shooter Drills \(2019\)](#)

2. National Association of School Psychologists (NASP)

The first resource provides a framework for planning and conducting drills while considering the mental health and developmental needs of students. The second resource offers guidance on conducting a variety of different types of drills and exercises.

- [Best Practice Considerations for Schools in Active Shooter and Other Armed Assailant Drills \(2017\)](#)
- [Conducting Crisis Exercises & Drills: Guidelines for Schools \(2013\)](#)

3. The National Child Traumatic Stress Network (NCTSN)

This guide offers tips for working with students, staff, and parents before, during, and after drills and exercises.

- [Creating School Active Shooter/Intruder Drills \(2018\)](#)

4. Poudre School District

These resources provide one district's approach to trauma-informed drills, including communication tips for educators and administrators.

- [Considerations with Students by Levels \(2020\)](#)
- [Considerations for Trauma and Students with Disabilities \(2020\)](#)
- [Talking Points for Educators \(2020\)](#)
- [Trauma-Responsive Information for Principals/Parents \(2020\)](#)
- [Trauma-Responsive Information for Principals/Staff \(2020\)](#)

5. STRIVE Prep

This document serves as a sample preparation plan for schools and includes messaging for students and other considerations to plan for before drills are conducted.

- [Lockdown Drill Prep \(2020\)](#)