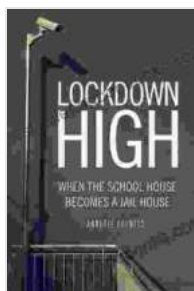# Lockdown High: When the Schoolhouse Becomes a Jailhouse

In the wake of the mass shooting at Marjory Stoneman Douglas High School in Parkland, Florida, schools across the country have been implementing new security measures to prevent future tragedies. These measures have ranged from increased police presence to metal detectors to active shooter drills.

One of the most controversial of these measures is the lockdown drill. Lockdown drills are designed to train students and staff on how to respond in the event of a school shooting. During a lockdown drill, students are instructed to lock the doors to their classrooms, turn off the lights, and hide under their desks.

While lockdown drills are well-intentioned, they have been criticized for creating a sense of fear and anxiety among students. Some students have reported feeling trapped and panicked during lockdown drills. Others have said that lockdown drills make them feel like they are being punished for something they did not do.

Lockdown High: When the Schoolhouse Becomes a Jailhouse by Annette Fuentes

★★★★☆ 4 out of 5

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File size	: 790 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
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Print length	: 241 pages

The debate over lockdown drills is likely to continue as schools across the country grapple with the issue of school safety. In the meantime, it is important for parents and educators to be aware of the potential risks and benefits of lockdown drills so that they can make informed decisions about whether or not to participate in them.

A lockdown drill is a school safety procedure designed to train students and staff on how to respond in the event of an active shooter situation. During a lockdown drill, students are instructed to lock the doors to their classrooms, turn off the lights, and hide under their desks.

Lockdown drills are typically conducted at least once a year, but some schools may conduct them more frequently. Lockdown drills are usually unannounced, so that students and staff cannot predict when they will occur.

Lockdown drills can provide a number of benefits for schools, including:

- **Increased awareness of active shooter threats:** Lockdown drills help to raise awareness of the threat of school shootings and to prepare students and staff to respond appropriately in the event of an attack.

- **Improved security:** Lockdown drills can help to improve security by making schools less vulnerable to attack. By training students and staff to lock down their classrooms, schools can make it more difficult for an attacker to enter the building and harm students.

- **Reduced fear and anxiety:** Lockdown drills can help to reduce fear and anxiety among students and staff by providing them with a sense of control and preparedness. By knowing what to do in the event of an active shooter situation, students and staff can feel more confident and less afraid.

While lockdown drills can provide a number of benefits, there are also some potential risks associated with them, including:
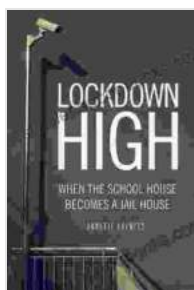
- **Increased fear and anxiety:** Lockdown drills can create a sense of fear and anxiety among students and staff, especially if they are conducted too frequently or without proper preparation.

- **Traumatic experiences:** Lockdown drills can be traumatic for some students, especially those who have experienced violence in the past. The loud noises, flashing lights, and sense of confinement can trigger flashbacks and other negative reactions.

- **Distraction from learning:** Lockdown drills can disrupt learning by taking away from valuable instructional time. The time spent preparing for and conducting lockdown drills could be better spent on teaching students essential skills and knowledge.

If your school decides to conduct lockdown drills, it is important to do so safely and effectively. Here are some tips for conducting a lockdown drill safely:

- **Provide advance notice:** Give students and staff advance notice of the lockdown drill so that they can prepare themselves. This will help to reduce fear and anxiety.

- **Explain the purpose of the drill:** Explain to students and staff the purpose of the lockdown drill and why it is important to participate. This will help to build buy-in and cooperation.

- **Practice the drill multiple times:** Practice the lockdown drill multiple times so that students and staff become familiar with the procedures. This will help to improve their response time in the event of an actual emergency.

- **Use realistic scenarios:** Use realistic scenarios in your lockdown drills so that students and staff can practice responding to different types of threats. This will help to prepare them for a variety of situations.

- **Debrief the drill:** After the lockdown drill, debrief with students and staff to discuss what went well and what could be improved. This will help to ensure that future lockdown drills are conducted as safely and effectively as possible.

Lockdown drills are a controversial topic, but they are an important part of school safety planning. By understanding the benefits and risks of lockdown drills, parents and educators can make informed decisions about whether or not to participate in them. If your school decides to conduct lockdown drills, it is important to do so safely and effectively.

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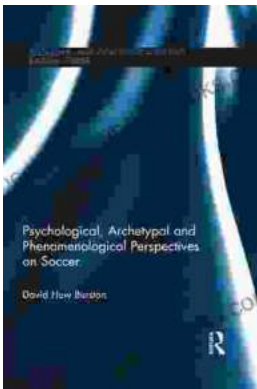|	
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