



Back to  
School

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# Dealing with Anxiety Around Shootings and Violence

The U.S. is one of the most violent countries in the world and has experienced a succession of mass shootings in schools, churches, supermarkets, parades, and other places where people gather. Gun violence is a widespread issue across schools and campuses. In addition to the anger, sadness, and grief over the senseless loss of life of innocent people, this form of terrorism can heighten stress for everyday people. No less disturbing is the violence in communities nationwide, where young people die every week due to homicide.

## How can we lower stress and anxiety associated with shootings?

We can be prepared by:

1. Reminding ourselves that the odds are low that we will be involved in a shooting in our lifetime
2. Avoiding thinking in extremes and engaging in self-talk that focuses on threats being everywhere or that nothing can be done about it
3. Obtaining reliable information from trusted media
4. Staying away from public areas that credible sources have identified as being at high risk for violence
5. Saying something to authorities if we see suspicious activity
6. Knowing emergency response procedures at school or work
7. Developing a home emergency response plan.

## During a shooting event, remember to run, hide, fight in that order:

1. Run from the area if you can do so safely
2. If it is not safe to run, hide from the shooter in locked spaces if available, and run whenever possible
3. Fight the shooter as a last resort with whatever objects you can find

## See the following resources for more details about how to prepare, respond, and cope with the stress of mass shootings:

- [Coping with the Stress of Mass Shootings](#)
- [Active Shooter Preparedness Resources: FSLTT Governments and First Responders](#)
- [Child Trauma: Terrorism and Violence](#)

## About The Steve Fund

The Steve Fund is a leading nonprofit organization focused on transforming educational, organizational, and workplace environments to support the mental health and emotional well-being of young people. Building knowledge and capacity among organizations serving young people is critical to the Steve Fund's Mission. The Steve Fund offers various solutions to assist colleges, universities, nonprofits, and workplaces in enhancing their capacity to promote mental health and emotional well-being among young people.