REAL WORLD SAFETY

“I feel more confident and prepared in almost any situation that could possibly become dangerous. Before the [Real World Safety] program, I probably would have stayed silent and done nothing.”

— Female High School Student

A life skills curriculum used to empower graduating seniors to develop personal safety practices for life on their own.
Dear Educator,

Welcome to Real World Safety, a personal safety program specially designed for high school seniors.

A common concern expressed by educators and parents alike is that their graduates will soon be leaving the protected environment of high school for the unknown. Many graduating seniors believe they are invincible or simply naïve to the dangers that await them when moving away for the first time. Studies have shown that very few young adults have the proper skills to keep themselves safe—and this deficiency has serious implications to their personal well-being.

Our team at Mindset Matters shares this same concern, and that’s why we’ve created Real World Safety. Our goal is to support you in the teaching of this 14-lesson program that helps high school seniors proactively avoid conflict and arrive home safely in an increasingly dangerous world.

With this essential life skills training that has already helped prepare more than 2,000 young adults, your students will become equipped to trust their instincts, develop personal responsibility, increase their observation skills, and have an action plan when faced with different types of potential threats.

Inside the Real World Safety program, you will find flexible and engaging lessons that instill a mindset of safe decision-making in everyday situations. The downloadable teaching materials include a step-by-step Instructor’s Guide and exercises that are relevant to young adults’ lives, plus a corresponding video series that reinforces the learning.

The Real World Safety skills that students will learn together with their classmates in this program create a unique life-long bond of knowledge and practices to help them stay safe in whatever environment their future holds for them.

We are excited to have you join our mission to empower young adults with the knowledge they need to stay safe in the real world.

Your Friends at Mindset Matters

We Want to Hear From You!

As a program leader, we would love to hear from you! Please share your experiences and suggestions by emailing us at info@mymindsetmatters.org or visiting us at www.mymindsetmatters.org:

• How are you using the program?

• What successes have you had as a result of using the program?

• What improvements can we make to better serve your curriculum needs?
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About the Program

Real World Safety empowers high school seniors to develop personal safety practices that prepare them for the real world. Built on the foundation that feeling safe isn’t enough, but that being safe takes practice, preparedness, and observation skills, the Real World Safety program embraces a mindset of situational awareness and action.

By cultivating the mindset of high school seniors, the curriculum helps to prepare them for the transition into new life phases, to explore situational awareness, and develop personal safety skills that can be used in the work place, school environments, and social settings. The program delivers these key aspects by offering flexible instruction and a powerful connection to students’ lives.

• The flexible and easy-to-use materials are designed with you in mind to offer both instructional guidance and opportunity to apply your own teaching style. The 25-minute lessons can be taught in short or long class periods, and can be expanded by using interactive exercises and discussion questions. Review topics are also included to support you in providing examples from your own life to further connect the content to students.

• The multimedia supplements enhance the core curriculum by showing safety situations in engaging video formats. Blending demonstrational scenarios with serious messages and practical techniques, the video series support the teacher directed learning.

• Authentic student engagement is at the core of the Real World Safety approach, and each lesson and exercise is carefully constructed to invite learners to systematically practice mindset safety skills in tangible, concrete ways.

“The content is great. We can be flexible with how it’s delivered. The real life scenarios and the male/female voices speak to our seniors. We hear the kids having discussions in the hallways about the content after sessions, which is what we want.”

– High School Teacher
Program Innovators Who We Are

Building strong leaders starts with strong leaders. Larry Yatch, a veteran Navy SEAL, and his wife Anne Yatch, a Counter-Terrorism Expert, are the innovative leaders of Real World Safety. Combining real-life safety awareness experience and training with their shared desire to change the world by keeping young people safe across the nation, Larry and Anne are deeply committed to Real World Safety.

Larry Yatch

After serving in Iraq, Larry faced an injury that would take him away from his role as a Navy SEAL. Rather than be defeated, Larry and Anne set out to keep the world safe by being on the frontlines of education through training young adults in school, the community, and beyond. Larry’s extensive and global military training bring a unique aspect to the personal safety curriculum by harnessing his experiences serving as a leader in some of the world’s most dangerous situations.

Anne Yatch

Anne’s background in international security and antiterrorism incorporates a global perspective on safety awareness and a trusted female perspective to what it means to stay safe in the real world. Anne has taken her expertise in safety training and operational planning and is now applying it to personal safety within our schools and communities.

Real World Safety Key Messages:

• Feeling safe is different from being safe – being safe takes planning, preparation, and observation
• Situational awareness is at the core of personal safety
• Your mindset is your greatest weapon – it can help you stay safe no matter the situation
• When posed with a threat, take action early to stay safe
Education Approach

Real World Safety is a teacher-friendly curriculum designed with you in mind.

Standards Aligned
Lessons and exercises are aligned to national and state standards, as well as learning expectations, in one or more of the following disciplines:
- Health (National Health Education Standards)
- English Language Arts (Common Core State Standards Initiative)

Life-Long Learning
Lessons and exercises are created to impart essential life skills that are relevant and memorable. Students learn strategies to protect themselves and stay safe in any environment they may encounter in the future.

Twenty-First Century Skill-Building
Activities are designed to foster personal safety mindsets by engaging students in important twenty-first century skills. These include developing effective problem-solving techniques, critical thinking capabilities, and engaging in interactive collaborations.

Student-Centered
Student-centered learning is the principle architectural element throughout the curriculum. Using an interactive approach, lessons are designed to place learners in engaging exercises creating an environment where they learn by doing. This enables students to synthesize and apply safety strategies to help create a healthy mindset. Dynamic videos are also included in each lesson to engage students and offer real perspectives on personal safety.

Real-World Connections
Students often learn best when they are able to connect lesson content to the context of their own lives. Throughout the curriculum, discussion topics, interactive exercises, and examples are all based on real-life situations. With students on the cusp of living on their own for the first time, practical and authentic scenarios guide students in developing an action-based mindset that fuels confidence within themselves to be prepared for any situation they may face out in the real world.
Module and Lesson Structure

Instructional Flow

Real World Safety consists of 14 lessons. The instructional flow develops a proactive mindset by using one topic to fuel inquiry into the next, creating a collective curriculum linking together each facet of safe decision-making from situational awareness and life transitions to personal responsibility.

The curriculum is designed to be taught in the following order:

1. **Effects of Stress**: Learn about physical and mental limitations that result from physiological effects of stress, safely experience limitations, and discuss how to overcome limitations.
2. **Four Plans of Action**: Learn four plans of action when confronted with a real or perceived threat to personal safety, including increasing distance, introducing a barricade, looking for escape or help, and defending yourself.
3. **Mindset**: Learn the reality of threats to personal safety and how a fighting spirit and survivor mindset can save your life.
4. **Instinct**: Learn about what instinct is and how it can be used to increase personal safety.
5. **How to Identify a Threat**: Learn how threat assessment is the act of looking at and assessing the capability and intent of those around us and how to take action if threats are observed.
6. **Threat Assessment Application**: Learn how to assess threats and then use those assessments to categorize people into neutral, possible threats, and threats.
7. **How to Assess Your Environment**: Learn how to assess environments by the level of access control and the category of people around us and how to take action if a dangerous environment is observed.
8. **Environmental Assessment Application**: Learn how to assess environments and then use those assessments to categorize environments into safe, normal, and dangerous.
9. **Breaking the Habit**: Learn what socially conditioned actions are and how they can become dangerous to personal safety in some scenarios.
10. **Driving for Safety**: Learn how to recognize socially conditioned habits that could pose a threat to personal safety and how to break these conditions when faced with a real threat.
11. **Living on Your Own**: The Real World: Learn about the two common threats young adults face when living on their own for the first time and how to respond to each: mugging and sexual assault.
12. **SEAL Safe Drinking Plan**: Learn about the negative effects alcohol can have on personal safety and how to create a safe drinking plan.
13. **Defensive Mindset – I Am Never Unarmed**: Learn how to use your mindset to stay safe no matter the situation.
14. **Physical Skills – I am Never Unarmed**: Learn how to physically respond to a potential threat by creating an effective startle response, driving back an attacker, and disengaging to create distance.

Module Design

Within each of the 14 modules, you will find a complete 25-minute lesson including the following components:

- **Session Overviews** help direct the delivery of content by outlining the different parts within each 25-minute lesson. The individual parts enable you to break the lesson into multiple sessions if desired or teach the parts together in one class period.

- **Review Topic Suggestions** provide a brief snapshot of previous lesson content and what students will learn next. Bulleted lists make it easy to review key ideas and guide students through where they have been, where they are currently in the curriculum, and where they are going next in developing their personal safety strategies.
• **Teacher Introductions** provide background on the topics that will be addressed within the lesson and videos to help you frame each session and answer student questions.

• **Videos** compliment each module and are used to support key concepts within the lessons. Call outs denote where videos may be integrated into instructional flow, as well as follow-up discussion questions and summaries of key ideas.

• **Classroom Exercises** are ensconced within each of the lessons, creating opportunities for practical applications of topics, as well as interactive and collaborative activities such as role-plays and demonstration opportunities.

• **Answer Keys** are included in applicable modules for your reference.

**Customizable and Flexible**

All 14 modules are highly flexible in instructional delivery. The curriculum is designed to be delivered throughout one semester and the individual 25-minute lessons may be taught in one long class period or can be worked into smaller time intervals as permitted in your classroom. Suggested topics for review and discussion questions built into each lesson enable you to incorporate your own examples, experiences, and illustrations to bring the ideas to life for your students.

## Best Practices in Program Implementation

• **You’re a Leader:** as a teacher and leader, you are already modeling safety behaviors: make it count!

• **Talk About Real-Life:** students appreciate and connect with your experiences. Share your moments of living on your own for the first time and how personal safety plays a role in your life.

• **Ask Questions:** engage your students in ongoing dialogue about safety and ask them questions about how their mindsets change throughout the program.

• **Observe and Acknowledge:** throughout the program, be on the look out for organic moments when you see personal safety in action in your classroom, whether through peer-to-peer discussions or sharing experiences. Acknowledge your students’ acts of awareness, big or small.
How to Access Course Materials

To access course materials, follow the steps below:

1. Go to mymindsetmatters.org.
2. Click on the Resources tab.
3. Click the Real World Safety graphic.
4. Type the User Name provided by Mindset Matters.
5. Type the Password provided by Mindset Matters.
6. Access to all of the Real World Safety modules is available by following these steps.

Frequently Asked Questions

You’ve asked, and we’ve answered!

? Who is the program for and how does it prepare youth for the real world?

Real World Safety is designed for high school seniors and offers age-appropriate issues of personal responsibility, safety, situational awareness, and life transitions. The curriculum prepares young people for the realities of the world at large as they transition into new life phases, explore situational awareness, and develop personal safety skills that can be used in the work place, school environments, and social settings.

? Does the program teach physical defense (e.g., kicking, fighting, punching)?

Real World Safety teaches youth that the best defense to avoid potentially dangerous situations is to build an awareness mindset. Unlike other physical defense systems, the program’s central focus is on training the mind to recognize and respond to threats, with physical defense as a last resort only. Throughout the program, students learn that their greatest weapon is not their ability to physically fight, but their mindset of personal awareness.

? Why was the program created?

Larry Yatch, a combat veteran Navy SEAL officer, and his wife Anne Yatch started the program to apply their hard-earned lessons and pass them on to the next generation to enhance the lives of others and promote safety in the world. The program achieves this by offering youth concrete ways to stay safe in the real world. By positively changing students’ mindsets, young adults are better equipped for potential threats at any time.
How do I know if this program will work?

Real World Safety is a research-based curriculum that has been successfully delivered to over 2,000 young adults. We conduct pre and post program research from students to gather data on how mindsets and behaviors have changed as a result of the program. The research focuses on determining the breadth of understanding of the safety behaviors addressed in the curriculum, gauging the level of commitment to practice some or all of the practices, and determining the scope of mindset changes as a result of the curriculum.

How do I fit this program into my already busy day?

The lessons are very flexible and may be taught in small intervals over several weeks or in one comprehensive session. Exercises and on-demand videos combine education and entertainment, making lessons fun and practical for students.

How much time do I need to prepare for the program?

Each lesson requires minimal preparation and supplies, and each module contains robust resources, on-demand videos, and discussion questions, making it easy to bring it into your classroom anytime. Whether you have just a few minutes or an entire class period, the curriculum can be used in multiple ways for meaningful impact.

How much time does the program take to deliver?

The beauty of Real World Safety is that you have control over program delivery. You can opt to teach each module in one 25-minute class period, or divide it into several small and manageable mini-lessons. Instructional tips are included throughout the modules for suggestions on how to easily implement it into your classroom.

“Every parent talks about safety with their children, but the credibility of this program’s innovators and the unique content ensures peace of mind in a way that our informal conversations together could not. Glad to have Mindset Matters at our school.”

– Parent of Three Mindset Matters Students