



# **SITUATIONAL AWARENESS TRAINING GUIDE**

**KEEP YOUR HEAD UP AND YOUR PHONE DOWN**

**TEENSURVIVORPROJECT.COM**

SITUATIONAL AWARENESS  
TRAINING GUIDE: KEEP  
YOUR HEAD UP AND YOUR  
PHONE DOWN



**STOP: BEFORE YOU READ ON, STUDY THE  
PICTURE BELOW FOR 30 SECONDS!!**



Take a good look. Observe every detail you can. When you're ready, go to the next page and answer the questions:

## Questions

1. How many people were in the scene?
2. How many cars were in the scene?
3. What color was the backpack one person was carrying?
4. What color were the boots the persons were wearing?
5. What color were the gloves one person was wearing?
6. Was there a person with a beard?
7. How many animals were in the image?
8. What color were the cars?
9. What was the license plate number of the car in front?

## How did you do?

Did you answer all the questions? Then maybe you are already a person with high situational awareness. Didn't do as sharp as you thought? That's okay—situational awareness is a skill anyone can build with practice.

In this guide, we've turned situational awareness into a fun, interactive challenge with exercises and games. Whether it's staying safe in a busy hallway, being alert in unfamiliar places, or preparing for emergencies, these exercises will help you become more observant and confident in any situation. Ready to level up? Let's get started!

## Introduction

In today's fast-paced world, staying off your phone and tuned into your surroundings isn't just a good habit – it's a skill that could save lives. Whether you're walking to school, shopping at the mall, or traveling with your family, being glued to a screen can leave you blind to potential dangers. This guide is your step-by-step manual to mastering situational awareness and staying safe in any environment.

## What Is Situational Awareness?

Situational awareness is the ability to identify, process, and understand information about your surroundings. It's all about staying alert, reading the environment, and recognizing potential threats before they become real problems. And it all starts with one simple rule: Keep your head up and your phone down.



## Core Principles

### 1. Stay Off Your Phone:

- o Your screen can distract you from noticing potential dangers.
- o Commit to being present and aware of your surroundings.

### 2. Observation:

- o Train your senses to notice details.
- o Look for unusual behavior, unfamiliar objects, or anything out of place.

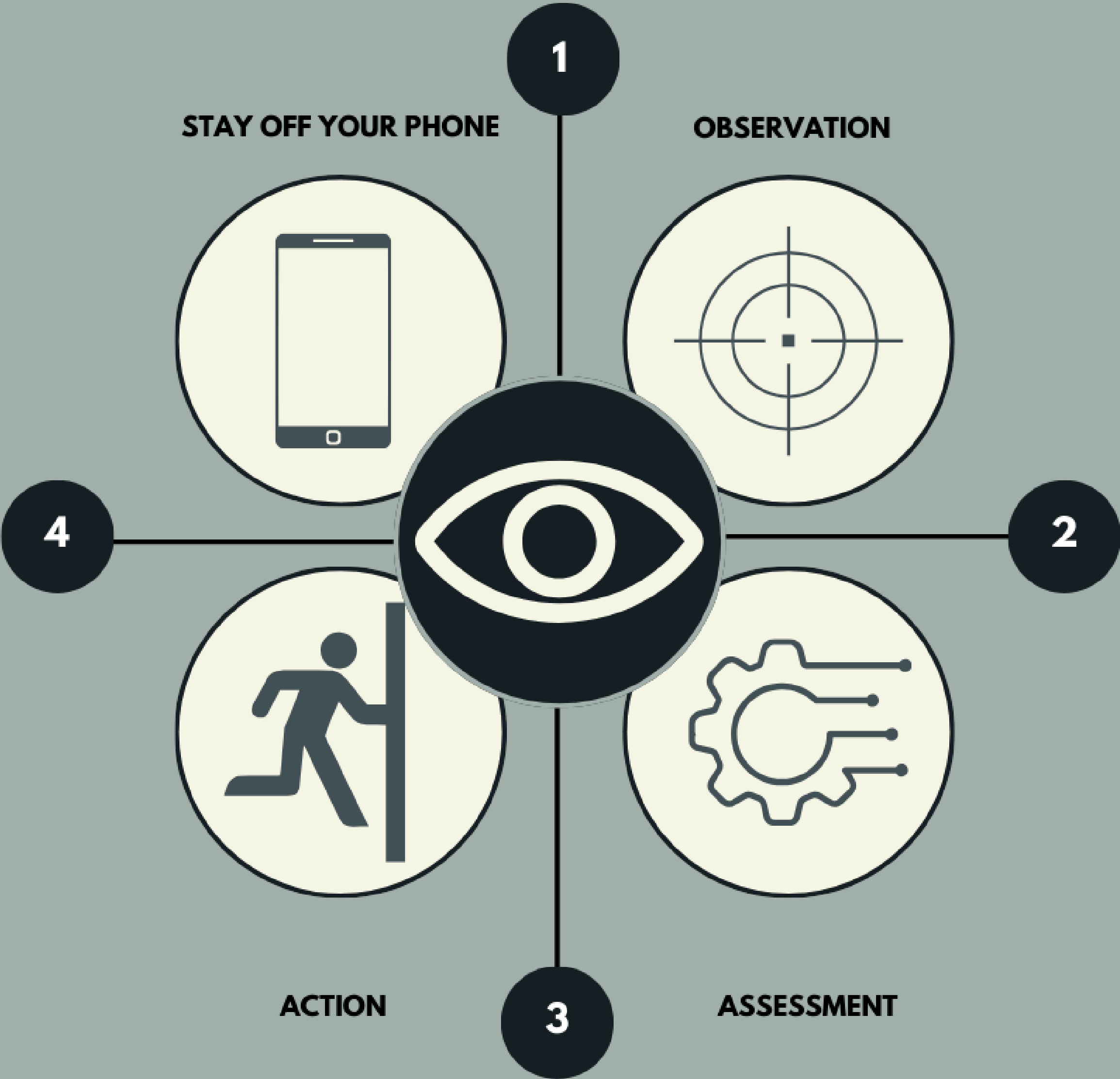
### 3. Assessment:

- o Evaluate the information you gather.
- o Ask yourself: “Does this situation feel safe?” or “What could go wrong here?”

### 4. Action:

- o Respond appropriately based on your observations and assessment.
- o Always have a plan – whether it’s to leave the area, call for help, or assist someone in need.

SITUATIONAL AWARENESS



## Step-by-Step Exercises to Practice

### 1. Stay Off Your Phone Challenge:

- Commit to keeping your phone in your pocket or bag for 10 minutes while in a public space.
- During this time, focus on:
  - o Noticing exits and entry points.
  - o Observing people nearby and their behavior.
  - o Spotting objects that seem out of place.

### 2. Mindfulness Walk:

- Go for a walk and focus on:
  - o Sounds: What do you hear?
  - o Sights: What catches your eye?
  - o Smells: Anything unusual?
- This exercise helps you sharpen your senses.

### 3. Scenario Planning:

- Imagine different scenarios, like a fire in a crowded mall or someone acting ag-gressively.
- Ask yourself:
  - o “How would I respond?”
  - o “What’s my exit plan?”

### 4. Family Practice Drills:

- Run through "what-if" scenarios with your family, such as a home fire or getting separated in a crowd.
- Assign roles and discuss how each member should act.

### Quick Tips for Teens

- Stay Off Your Phone: Seriously, this is rule #1 for a reason. Your phone can wait, but your safety can't.
- Trust Your Gut: If something feels off, it probably is. Act on your instincts.
- Buddy System: Whenever possible, stay with a friend or family member.
- Know Your Exits: Always be aware of the closest way to leave an area safely.



## Situational Awareness Checklist

### Before Leaving Home:

- Do you have a fully charged phone? (For emergencies only!)
- Are you familiar with your destination and its layout?
- Have you shared your plans with someone?
- While in Public:
- Are you keeping your phone away and your head up?
- Are you aware of all exits?
- Are you scanning for unusual activity?

### In Case of Emergency:

- Do you know how to contact help?
- Do you have a plan to regroup with family or friends?

To reinforce our understanding, let's create another self-assessment quiz.

Ready to begin? Turn the page

## Self-Assessment Quiz

Instructions: Answer the following questions to assess your level of situational awareness. Score 1 point for each "Yes" answer and 0 points for each "No."

1. Do you regularly take a moment to identify exits and entry points in public spaces?
2. When walking or traveling, do you keep your phone out of sight and focus on your surroundings?
3. Are you able to recall at least three details about your environment (e.g., number of people, layout, potential risks) after observing it for 5 minutes?
4. Do you trust your instincts and act when something feels off?
5. Have you ever practiced emergency scenarios with family or friends?
6. Are you confident in identifying unusual behaviors or objects in a crowd?
7. Do you stay mindful of your surroundings, even when you feel safe?
8. Can you create a mental escape plan in crowded or unfamiliar environments?
9. Have you reviewed and practiced the exercises in this guide?
10. Do you avoid distractions like headphones or texting while navigating public areas?

### Scoring:

- 8-10 Points: You're a situational awareness pro! Keep honing your skills and setting a great example.
- 5-7 Points: You're on the right track but could practice more to strengthen your awareness.
- 0-4 Points: Time to step up your game. Review this guide and start incorporating the exercises into your daily life.

**Challenge Yourself:** Revisit the guide's exercises and try to improve your score over the next month. Awareness is a skill, and practice makes perfect!



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