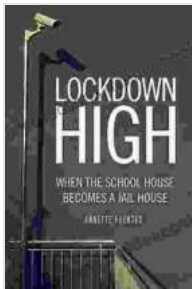


Lockdown High: When the Schoolhouse Becomes Jailhouse

In the wake of the tragic school shooting in Parkland, Florida, schools across the country have been re-evaluating their safety procedures. One of the most controversial measures that has been implemented in many schools is lockdown drills. These drills, which often involve students and staff hiding in classrooms or closets, are intended to prepare students for an active shooter situation.



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

★★★★☆ 4 out of 5

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Text-to-Speech : Enabled
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Enhanced typesetting : Enabled
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However, lockdown drills have also been criticized by some parents, teachers, and mental health experts. They argue that these drills can be traumatic and harmful, especially for students who have experienced trauma in the past.

"Lockdown drills can create a sense of fear and anxiety in students," says Dr. Lisa Damour, a psychologist and author of the book "Under Pressure:

Confronting the Epidemic of Stress and Anxiety in Girls." "For students who have experienced trauma, these drills can be particularly triggering."

Dr. Damour also points out that lockdown drills can be ineffective in preventing school shootings. "There is no evidence that lockdown drills actually make schools safer," she says. "In fact, some experts believe that these drills can actually increase the risk of harm."

One of the main concerns about lockdown drills is that they can create a sense of isolation and helplessness in students. When students are forced to hide in a small space with no way out, they may feel trapped and vulnerable. This can lead to increased anxiety and fear, which can be harmful to their mental health.

In addition, lockdown drills can be disruptive to learning. When students are pulled out of class for a drill, they lose valuable instructional time. This can be especially harmful for students who are already struggling academically.

For all of these reasons, some schools are choosing to do away with lockdown drills. Instead, they are implementing other safety measures, such as 加强保安措施, conducting threat assessments, and providing mental health support to students.

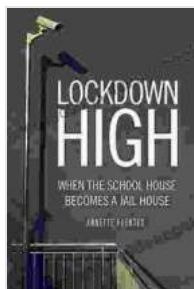
The debate over lockdown drills is likely to continue as schools grapple with the issue of school safety. However, it is important to remember that there is no one-size-fits-all solution. The best way to keep schools safe is to implement a comprehensive approach that includes a variety of safety measures.

What Can You Do?

If you are concerned about the impact of lockdown drills on your child, there are a few things you can do:

- * Talk to your child about their feelings about lockdown drills.
- * If your child is showing signs of anxiety or distress, talk to a mental health professional.
- * Contact your school and ask about their safety procedures.
- * Advocate for alternative safety measures that do not involve lockdown drills.

By working together, we can create schools that are safe and supportive for all students.



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