RIVALSHOT ACADEMY · LEARNER JOURNAL

If Something Happens: my journal

This journal goes with If Something Happens: Exits, Help and Recovery. Each prompt takes a few minutes and is for you alone. Write in calm moments; nothing here asks you to picture harm in detail. You can pause, skip a prompt or come back later. Please do not record secrets, home addresses, access codes or details that identify real people.

How to use this journal

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Write for yourself. Leave out addresses, codes, account details and anything that identifies other people.

Arrive with a quiet plan

Choose a public place you visit often. From memory, where are its two nearest ways out and its help point? What did you not know?

Next time you arrive somewhere new, try the ten-second look. What was easy to spot, and what surprised you?

If you go out with others, how could you agree a public meeting spot in one relaxed sentence?

Decide early move calmly

Write your personal rule for alarms in one sentence.

What usually makes you hesitate in a group: not wanting to look silly, a conversation, your belongings? What words will help you move anyway?

If you work at a venue, what short instruction would you give visitors, and where would you point?

Make the call count

Write the first sentence you would say to a call-taker from a public place you will visit this week: place, entrance, floor, landmark.

Practice describing something you saw today as plain facts, with no guess about why. What was harder to leave out than you expected?

Is there anything about how you communicate that you would like responders to know? How could you carry that information?

Help others leave

Write the opening question you would use to offer help in an evacuation. Say it aloud once. How does it sound?

Think about the people you go out with. Without naming anyone, who might want help leaving quickly, and how could you ask them now, in a calm moment, what helps?

What hands-on training, such as a certified first-aid or bleeding-control class, would you like to look for, and when could you take it?

Outside and accounted for

Write the short “I’m okay” message you would send after an evacuation, and who you would send it to first.

Why might going back inside for a person or a belonging feel right in the moment? What would you do instead?

Which of clear, count and tell would be hardest for you, and why?

The days after

List three people or support lines you could reach out to after a hard day. Do not write anyone's phone number or address here if this journal is shared.

What ordinary routine helps you feel steady when something has rattled you?

If you care for children, how might you begin a calm, honest conversation after an unsettling event, without making a promise you could not keep?

Looking back

Which single habit from this course will you use first, and where?

Looking back over the six lessons, what changed in how you think about leaving early, calling for help or helping others?

Who in your life would you like to share one idea from this course with, and which idea would it be?

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