

PREPARE CHILDREN FOR EMERGENCIES

Involve your children in preparing for emergencies and take extra steps in protecting your family, this will increase your children's confidence and help give them a sense of control.

STEP# 1 HAVE A FAMILY DISCUSSION ABOUT EMERGENCIES



It's important to warn children, without overly alarming them, about emergencies. Tell children that emergencies can hurt people or cause damage, discuss some of the things that could happen if an emergency occurs (ex. Power going out), and let them know that there are things we can do to stay safe and that many people are here to help (firefighters, police, paramedics, etc.).

STEP# 2 TEACH CHILDREN EMERGENCY SKILLS. MAKE SURE THEY KNOW:



- ✓ Their full name, parents names, phone numbers, and home address, including landmarks and cross streets,
- ✓ How and when to call 911 (and that it is not a joke to dial it),
- ✓ How to be alert of and respond to emergencies, and
- ✓ How to stay safe from strangers. Let them know to trust their instincts and not to trust someone just because they know their name; Consider creating a family password/phrase to prevent children from going with a stranger.

STEP# 3 MAKE AN EMERGENCY PLAN & KIT TOGETHER & PRACTICE YOUR PLAN REGULARLY



- ✓ Have children make their own, small emergency kit that includes comfort items and entertainment (stuffed animals, toys, board games, etc.).
- ✓ Practice your plan and update your kit at least twice a year; try to make it fun: hold a scavenger hunt, looking for items that can go in your kit, have emergency trivia, give small rewards, or consider simulating post-emergency conditions by going without electricity or tap water for a few hours.
- ✓ Talk to your children's school to learn their plans and share yours. *In California, schools are required to have a disaster plan, to hold periodic drop, cover and hold drills and to hold educational and training programs for students and staff.*

FUN WAYS TO LEARN AND PREPARE

Here are some great resources to help you make preparing for emergencies more engaging.

GAMES


















- AAA's "Road to Ready" (R2r.calstate.aaa.com/)
- DHS's "Disaster Master"; "Build a Kit"; "Ready to Help" (Ready.gov/kids)
- FEMA's "Disaster Hero" (Disasterhero.com)
- Jeopardy Lab's "Pre Pardy" (Jeopardylabs.com/play/prep-pardy-a-preparedness-game)
- NOAA's "Severe Weather Preparedness Adventure" (Youngmeteorologist.org/game/)
- Red Cross' "Monster Guard" (Redcross.org/monster-guard.html)
- Smithsonian Institute's "Disaster Detector" (Ssec.si.edu/disaster-detector)
- UNDRR's "Stop Disaster" (Stopdisastersgame.org/)
- "Earthquake Game" Online earthquake prep game by IEMA. (public.iema.state.il.us/webdocs/earthquakegame/)
- "Game of Floods" Flood safety board game by Marin County. (www.marincounty.org/depts/cd/divisions/planning/csmart-sea-level-rise/game-of-floods)
- "Sai Fah: The Flood fighter" Flood safety Phone App by UNESCO. (bangkok.unesco.org/content/sai-fah-flood-fighter)
- "Scrub Club" Hygiene safety online game by NSF. (Scrubclub.org/site/flugame.aspx)
- "The Hungrier Games" Disaster resilience in person game by RAND (rand.org/pubs/tools/TL164.html)
- "Urban Climate Architect" Climate change online game by Hamburg University. (Clisap.de/stadtklimaarchitekt/)



WEBSITES










The following websites include activities, lessons, games, videos and other learning tools for children.

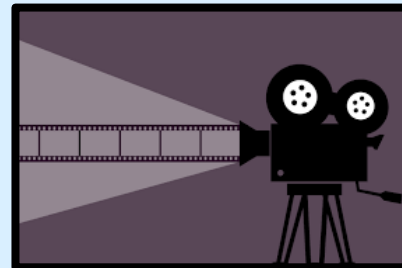


-  CDC.gov/cpr/readywrigley/
-  CDC.gov/cpr/zombie/educate.htm
-  Oceanservice.noaa.gov/education
-  Preventionweb.net/educational/list/
-  Ready.gov/kids
-  Redcross.org/get-help/how-to-prepare-for-emergencies.html
-  Sesamestreet.org/toolkits/ready
-  Weather.gov/owlie/
-  Weatherwizkids.com/
-  Getreadyforflu.org/kids (flu prep)
-  Firefacts.org/ (fire prep)
-  Firesafekids.org (fire prep)
-  NFPA.org/education (fire prep)
-  NFSC.org/4kids (fire prep)
-  Smokeybear.com/ (fire prep)
-  Sparky.org (fire prep)
-  Semswa.org/flood-awareness-for-kids.aspx (flood prep)

VIDEOS

The following videos are all free on YouTube unless otherwise indicated

-  AAA's "[Drop. Cover. Hold On! Get Disaster Prepared with AAA](#)"
-  FEMA's "[Disaster Dodgers](#)"
-  Learning Junction's "[Natural Disasters](#)"
-  Peekaboo Kidz "[The Dr. Binocs Show: Natural Disaster compilation](#)"
-  Rocket Rules Safety Program's "[Earthquake Safety Dance](#)"
-  We are Teachers' "[Fire Safety Video for Kids with SteveSongs & Sparky the Dog](#)"
-  PBS Kids' "When Something Scary Happens" PBS Kids (Free at pbskids.org/learn/when-something-scary-happens/)
-  The Paramount Network's "Surviving Disaster" (Buy or watch on cable)
-  The Weather Channel's "So you think you'd survive?" (Buy or watch on cable)
















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BOOKS



-  **"A Children's Primer on Emergency Preparedness"** LAPH cert-la.com/disaster-emergency-preparedness/children-preparedness/
-  **"Disaster Preparedness Coloring Book"** by ARC hcpss.org/f/aboutus/colorbk.pdf
-  **"Disaster Preparedness coloring book"** by FEMA fema.gov/media-library/assets/documents/2983
-  **"Kids Emergency Preparedness Guide Activity Book"** by City of Santa Monica smgov.net/uploadedFiles/Departments/OEM/Preparedness/KidsActivityGuide.pdf
-  **"Let's have fun with fire"** by FEMA & USFA usfa.fema.gov/downloads/pdf/publications/lets_have_fun_with_fire_safety.pdf
-  **"Let's learn to prevent disasters!"** by UNICEF unicef.cn/en/reports/lets-learn-prevent-disasters
-  **"Mickey & Friends Disaster Preparedness Activity Book"** by ARC redcross.org/content/dam/redcross/atg/PDF_s/Preparedness_Disaster_Recovery/General_Preparedness_Recovery/Home/MM_RedCross_ActivityBook-English.pdf
-  **"Preparing with Pedro"** by FEMA & ARC ready.gov/kids/prepare-with-pedro
-  **"Ready Kids Activity Book"** by FEMA semswa.org/uploads/FileLinks/91813e4557d04799856a8df44d1861b4/FEMA_kids_activity_book.pdf
-  **"Ready, set, prepare. A disaster preparedness activity book."** by FEMA utah.gov/beready/family/documents/ReadySetPrepare02.pdf
-  **"The Be Ready Book"** by ARC madeonamac.com/education/BeReadyBook123.pdf
-  **"The Disaster Twins"** by FEMA cert-la.com/downloads/education/english/AdvOfJuliaAndRobbie-TheDisasterTwins.pdf
-  **"Without warning, Tsunami"** by Dark Horse Comics digital.darkhorse.com/series/566/without-warning

LESSON PLANS



-  **FEMA Curriculum and programs for youth preparedness**
 - Preparedness Curriculum for multiple grade levels fema.gov/media-library/assets/documents/34411
 - STEP Curriculum for 4th and 5th grade fema.gov/media-library/assets/documents/110946
 - Preparedness Catalog that lists current youth programs fema.gov/media-library/assets/documents/94775
 - Guide to creating youth programs fema.gov/media-library/assets/documents/34292
 - Earthquake safety activities fema.gov/media-library/assets/documents/3256
-  **ITIC tsunami educational material** itic.ioc-unesco.org/index.php?option=com_content&view=article&id=1349&Itemid=
-  **Kid's Connect worksheets on disasters** kidsconnect.com/science/natural-disasters/
-  **Kids guides to climate change and global warming** freespirit.com/files/original/complete-guide-service-learning-climate-change-1.pdf
-  **Nasa's material on weather and disasters** pmm.nasa.gov/education/
-  **NFPA's Learn Not to Burn** nfpa.org/Public-Education/Teaching-tools/Learn-not-to-burn (fire prevention and preparedness curriculum for multiple grade levels)
-  **NOAA's "Dr Lightning Guide"** weather.gov/safety/lightning-kids (presentation on lightning safety)
-  **Planet ready online training** Planetready.com/train
-  **UASI's Get Ready Bay Area** bayareauasi.org/kidsgetready/ (5th grade preparedness lesson plan)
-  **University of Illinois Understanding Weather Online Training** Web.extension.illinois.edu/treehouse/