

The monthly FEMA *Children & Disasters Newsletter* is a resource for youth preparedness practitioners, educators, parents, children, and teens. It shares timely research, examples of successful youth preparedness programs, safety tips, and resources related to youth preparedness. To subscribe to the *Children & Disasters Newsletter*, please visit [www.ready.gov/youth-preparedness](http://www.ready.gov/youth-preparedness).

## CHILDREN & DISASTERS NEWSLETTER



FEMA



### JANUARY 2015 – ISSUE 1

Welcome to the January issue of the *Children and Disasters Newsletter*! In this inaugural edition of 2015, we highlight some exciting opportunities and resources to help you kick off the New Year! Now's a great time to make a resolution to get prepared!

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### YOUTH PREPAREDNESS COUNCIL APPLICATIONS DUE MARCH 2

Applications for the 2015-2016 FEMA Youth Preparedness Council are due Monday, March 2 at 11:59 p.m. EST.

To apply, please visit the [FEMA Youth Preparedness Council website](#).

The Youth Preparedness Council offers a unique opportunity for youth leaders to serve on a distinguished national council. Council members complete self-selected youth preparedness projects; voice their opinions, experiences, ideas, solutions, and questions on youth disaster preparedness with the leadership of FEMA and national organizations working on youth preparedness; and participate in the annual FEMA Youth Preparedness Council Summit.

Applicants must be between 13 and 17 years old at the time they apply (applicants who will turn 18 during the Council's term are still eligible). The application can emphasize youth disaster preparedness activities that the applicant has participated in or can be related to a disaster the applicant has experienced. If you have any questions, please contact the FEMA Youth Preparedness Council Technical Assistance Center at [FEMA-Youth-Preparedness-Council@fema.dhs.gov](mailto:FEMA-Youth-Preparedness-Council@fema.dhs.gov).

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## NATIONAL STRATEGY AFFIRMERS HONORED AT WHITE HOUSE



On January 28, FEMA, the American Red Cross, and the U.S. Department of Education recognized the inaugural affirmers of the [National Strategy for Youth Preparedness Education](#) (*National Strategy*) in a ceremony at the White House's Eisenhower Executive Office Building. The *National Strategy* outlines a vision for a Nation of prepared youth and provides nine priority steps that partners at the local, state, and national levels can take to help make that vision a reality. Forty-nine organizations have already affirmed their support of the *National Strategy*.

The *National Strategy* affirmers include large national agencies, small community organizations, businesses, nonprofits, and many others. While the organizations vary in scope and size, they are united behind the mission of educating and empowering youth to prepare for disasters. During the morning ceremony, the affirmers were individually recognized for their involvement. In the afternoon, the honorees met to discuss success stories and lessons learned, and to identify opportunities for collaboration. Keep an eye out for updates about the *National Strategy* affirmers' work in upcoming editions of the *Children and Disasters Newsletter*.

Also, keep in mind that there is always room for more *National Strategy* affirmers! To learn more, please visit the [FEMA Youth Preparedness Technical Assistance Center](#) or email [FEMA-Youth-Preparedness@fema.dhs.gov](mailto:FEMA-Youth-Preparedness@fema.dhs.gov).

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## MAKE A NEW YEAR'S RESOLUTION TO DO 1 THING

[Do 1 Thing](#), a nonprofit organization committed to helping people prepare for disasters, can help you

make an achievable 2015 resolution to get prepared.

The Do 1 Thing plan is simple. It encourages individuals to take just [one action per month](#) for 12 months to help their families become better prepared. You can do the program on your own, or involve your family, workplace, or community. Do 1 Thing provides fact sheets, PowerPoint presentations, videos, and other resources that can help you follow through with your resolution.

Do 1 Thing was the recipient of the 2014 FEMA Individual and Community Preparedness Award for *Awareness to Action*. To sign up to Do 1 Thing, visit <http://do1thing.com/signup>. You can also count your participation in Do 1 Thing activities as participation in America's PrepareAthon!, so please register on the [America's PrepareAthon! website](#) as well.

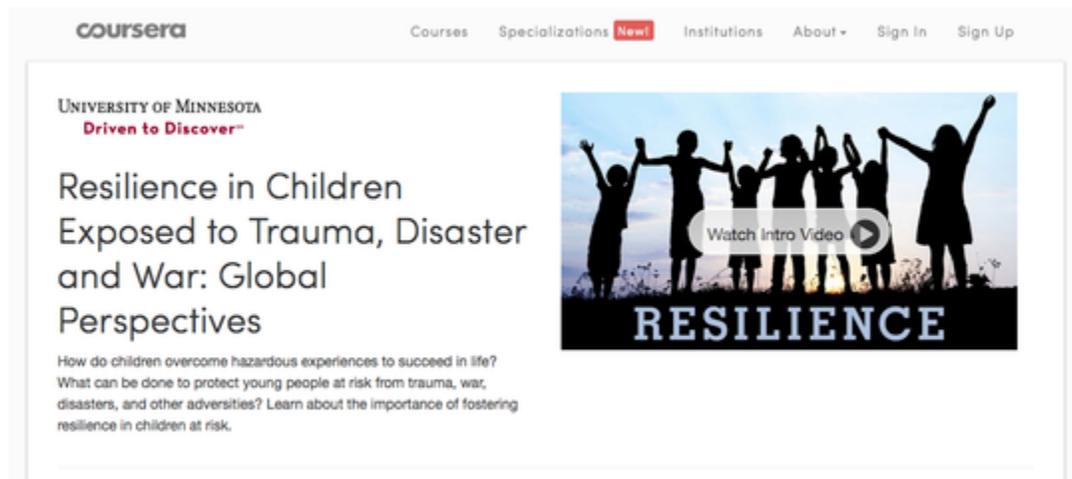
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## FREE ONLINE COURSE ABOUT RESILIENCE IN CHILDREN

Natural disasters, war, terrorism, and other hazards can devastate communities and greatly impact children's development. However, some children are better able than others to bounce back from adverse circumstances—they are more resilient. Learning the factors that contribute to resilience and promoting techniques for strengthening those factors can help mitigate the effects of disasters and create stronger communities.

[Dr. Ann S. Masten](#), a distinguished professor at the University of Minnesota's Institute of Child Development, and Coursera, an organization that partners with top universities to provide free online courses, are teaming up to offer a course entitled *Resilience in Children Exposed to Trauma, Disaster and War: Global Perspectives*.

Click the image below to learn more about the course, watch a video preview, and sign up for the course:



The image shows a screenshot of a Coursera course page. At the top, the Coursera logo is on the left, and navigation links for 'Courses', 'Specializations' (with a 'New!' badge), 'Institutions', 'About', 'Sign In', and 'Sign Up' are on the right. The main content area features the University of Minnesota logo and tagline 'Driven to Discover'. The course title is 'Resilience in Children Exposed to Trauma, Disaster and War: Global Perspectives'. Below the title is a short description: 'How do children overcome hazardous experiences to succeed in life? What can be done to protect young people at risk from trauma, war, disasters, and other adversities? Learn about the importance of fostering resilience in children at risk.' To the right of the text is a video thumbnail showing silhouettes of children with their arms raised against a sunset, with the word 'RESILIENCE' in large white letters at the bottom. A 'Watch Intro Video' button with a play icon is overlaid on the video.

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## EMERGENCY PREPAREDNESS: THE NEXT GENERATION



## TRAINING OPPORTUNITIES FOR YOUTH

*By Alex Pasculle, Member Emeritus, FEMA Youth Preparedness Council*

Hello readers! You may remember my introduction last month as the FEMA Youth Preparedness Council *Member Emeritus*! This month I want to start by sharing some of the types of emergency management-related training that are really valuable for kids.

Trainings can help kids and teens figure out if they might be interested in careers in emergency management. They also just generally provide skills that are useful for everyone. I really encourage all kids and teens to consider trainings like:

- [Babysitting, First Aid/CPR/AED, Lifeguarding, or other classes available from a local Red Cross chapter](#)
- [CPR & First Aid classes available from the American Heart Association](#)
- [CERT/Teen CERT classes](#)
- [Junior Firefighter, Fire Explorer, or Law Enforcement Explorer](#) program trainings
- [Boy Scout/Girl Scout](#) badges or patches on first aid, emergency preparedness, fire safety, or other related topics

Another more advanced class offered either at your local Red Cross or through your state department of health is an EMR (Emergency Medical Responder) or EFR (Emergency First Responder) course. If you're interested in an emergency management career, also ask local police officers, firefighters, or emergency managers for information on how you can learn more!

Talk to you next month!

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## COUNCIL CORNER: PREPAREDNESS TIPS THAT WON'T BREAK THE BANK

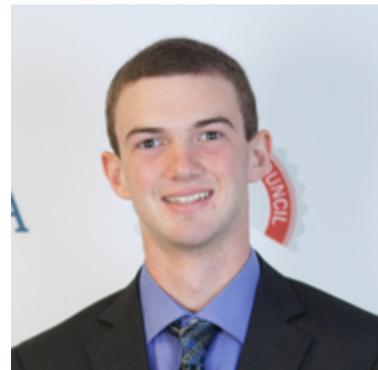
Your resolution to get prepared doesn't have to be expensive! We posed the following question to the FEMA Youth Preparedness Council last month:

"What are two free or inexpensive steps that people can take to get prepared?"

Here are some of their suggestions:

Obie Jones, Region VI:

1. *Gather important documents (e.g., Social Security cards, home deeds, copies of insurance cards) and basic medical supplies to put in a "preparedness box" that you and your family might need in case of an emergency.*
2. *Plan and practice two different evacuation routes out of your home and neighborhood.*





Sophie Friedfeld-Gebaide, Region II:

1. Go on [ready.gov](http://ready.gov) and read up on the steps on what to do before a natural disaster.
2. Have a conversation and make a plan with your family about what you would do if a natural disaster would occur.

Brittany Amano, Region IX:

1. Talk with your family about disaster plans.
2. Practice exit drills.



Emily Rosenblum, Council Chairperson:

1. Always keep some food and water in your vehicle, just in case.
2. Keep paper copies of important documents (birth certificates, etc.) and have in a safe place.

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## CONTACT US

Email: [FEMA-Youth-Preparedness@fema.dhs.gov](mailto:FEMA-Youth-Preparedness@fema.dhs.gov)

Online at <http://www.ready.gov/youth-preparedness>

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Disclaimer: The reader recognizes that the federal government provides links and informational data on various disaster preparedness resources and events and does not endorse any non-federal events, entities, organizations, services or products. Please let us know about other events and services related to youth preparedness that could be included in future newsletters by contacting [FEMA-Youth-Preparedness@fema.dhs.gov](mailto:FEMA-Youth-Preparedness@fema.dhs.gov).

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