

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



### DECEMBER 2014 - ISSUE 12

Welcome to the December issue of the *Children and Disasters Newsletter*! While the weather outside is becoming frightful, the youth preparedness movement is alive and well this holiday season!

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### MONSTERS ON A MISSION

What can a group of green, blue, and red monsters teach youth about emergency preparedness? More than you might think.

The American Red Cross and Disney recently developed the [Monster Guard](#) mobile app using the latest research on emergency preparedness. Geared toward children between the ages of 7 and 11, the Monster Guard app teaches kids how to prepare for and react to potential emergency situations in a fun and engaging way.

Users can play as one of five monster characters and complete up to 15 training sessions including levels like the "Fire Escape Episode" or the "Flood Episode." The Red Cross and Disney encourage

players to share the game with their friends and discuss what they learned with adults.

You can download the app at <http://www.redcross.org/monsterguard>.

Happy gaming!

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## TIPS FOR STAYING FLU-FREE FROM THE CDC

While a warm bowl of chicken soup and a blanket might provide comfort to the sick, the Centers for Disease Control and Prevention (CDC) say that the single best way to protect children and adults from the flu is by getting vaccinated. The [CDC website](#) provides specialized flu vaccination guidelines for children and at-risk individuals.

According to the CDC:

- Ideally, children should get vaccinated in October.
- It typically takes two weeks for protective antibodies to develop in the body.
- Children with chronic health problems like asthma who get the flu might be at risk of developing serious complications. Therefore, it is strongly recommended that they get vaccinated.

The CDC also recommends that adults get vaccinated to protect themselves and to create a protective shield for children. This is especially important for adults who interact with children younger than six months who are too young to be vaccinated and are highly susceptible to getting sick.

Check out this public service announcement from the CDC to learn about the importance of flu vaccines:



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## RALLY FOR PREPAREDNESS

Imagine a packed gymnasium with mascots and local heroes addressing the crowd. The atmosphere is electric and the audience listens attentively, soaking up every word.

A [Save the Children “Prep Rally”](#) can generate that level of excitement while teaching preparedness skills to schools, clubs, and a range of other audiences.

If you are part of an organization or school that may be interested in hosting a Prep Rally, Save the Children offers a [Prep Rally Playbook](#) that serves as a leader guide and includes activities, discussion questions, points of emphasis, and background information. The Prep Rally Kit also includes a [Prep Rally Child Guide](#) and a [Prep Rally Family Guide](#). Both guides provide activities and exercises that families and children can use to increase their preparedness knowledge and skills.

The program is designed to teach youth five key principles: why we prepare, recognizing risks, planning ahead, gathering supplies, and what to do when a disaster strikes. A Prep Rally can take many forms, including an assembly, a session at an afterschool program, a community event, or even an activity at a fair.

Visit the Save the Children website to [register your Prep Rally](#). Registered programs receive a *Get Ready Get Safe Community e-Badge* and recognition on the Prep Rally website.

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## HIGH SCHOOL HERO: ABBY SNODGRASS

Last month, an ordinary trip to Wal-Mart turned into a harrowing ordeal for one Missouri mother whose infant abruptly stopped breathing. As fellow shoppers rushed to help, Abby Snodgrass, a 17-year-old high school student, made her way to the baby and performed lifesaving CPR.

In the fall of 2013, Hillsboro High School, Abby’s school, began teaching all of its students CPR. Despite her fears, Abby put her training to good use and was hailed as a hero by local first responders. Abby, who enlisted in the National Guard earlier this year, is a great example of a young person who became a lifesaver to her community.

This is a great reminder that getting CPR trained is a valuable preparedness measure that almost anyone can take. The American Red Cross offers a variety of First Aid and CPR training programs for schools. Learn about Red Cross trainings you can bring to your school at <http://www.redcross.org/take-a-class/school-programs>.

For more information about Abby’s heroic efforts, please visit the [KTLA 5 website](#).

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## EMERGENCY PREPAREDNESS: THE NEXT GENERATION

### THE JOURNEY BEGINS

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

Hello! My name is Alex Pasculle, Member Emeritus of the FEMA Youth Preparedness Council and an Emergency Medical Technician/Firefighter for my community in Pennsylvania. Over the next few months, I will be appearing in the *Children and Disasters Newsletter* to share my perspective on careers in emergency management.

At just 12 years old, my interest in emergency management sprouted. It started off small with asking my stepdad questions about his career as a firefighter, by making friends

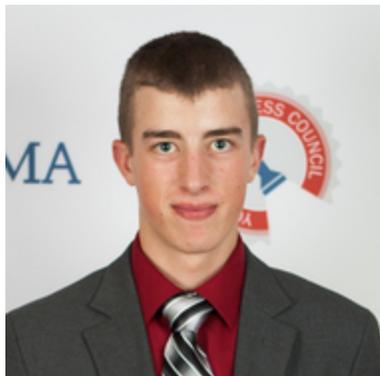


with Junior Firefighters at the local fire department, and by reading books about how the human body works and on the acute care of people. My interest quickly grew and in June of 2009, I joined the Export Volunteer Fire Department. I will never forget meeting the Assistant Chief and getting fitted for my own gear. It was awesome, and I felt like I was finally involved in something that was bigger than myself—something that was big enough to make a difference in the lives of thousands of people in surrounding communities! Little did I know, that was just the beginning of my emergency management career.

Over the next several months, I look forward to sharing information and ideas, and hopefully getting more kids excited about emergency management. I will cover topics such as preparedness-related trainings that kids can take and ideas for community partners that can encourage young people's interest in emergency management. I hope you all stay tuned for next month's article, and many more after that!

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## QUOTABLE: WATCH OUT FOR THAT DEEP FRYER



The holidays are a time for hot apple pie, roasted turkey, and hearty soups. While consuming tasty meals is many people's favorite pastime, kitchen fires are an ever-present danger. We posed the following question to the FEMA Youth Preparedness Council last month:

"What are three things you suggest people keep on hand to stay safe in the kitchen?"

Matthew Mayfield, a Council member from Region VIII, offered the following three suggestions:

1. *Fire extinguisher – Always keep one on hand just in case.*
2. *Personal Protective Equipment (PPE) – Aprons, oven mitts, tongs, and safety glasses are always a good idea when deep-frying.*
3. *Always keep an appropriate fitting lid when cooking on the stove in case of fire.*

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## CONTACT US

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"[xmas ornament](#)" by nicubunu (2007) is available in the public domain via [Openclipart](#).

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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