

# CHILDREN & DISASTERS NEWSLETTER



## DECEMBER 2015 - ISSUE 12

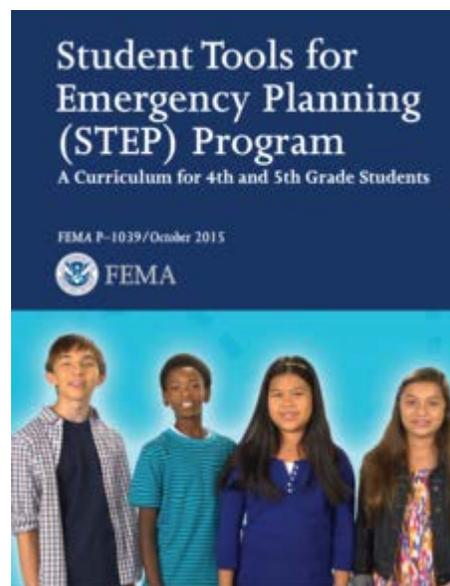
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## FEMA RELEASES UPDATED STEP CURRICULUM

The Student Tools for Emergency Planning (STEP) program is a classroom-based emergency preparedness curriculum for fourth- and fifth-graders in an easy, ready-to-teach format. Students will learn about disasters, emergencies, and hazards, and how to create a disaster supply kit and family emergency communication plan. STEP lesson materials include:

- An instructor's guide
- The [STEP It Up with the Disaster Dodgers video series](#)
- Classroom activities
- Student handouts and homework assignments
- Suggestions for how to involve family members and the larger community

Download the STEP curriculum at [www.fema.gov/media-library/assets/documents/110946](http://www.fema.gov/media-library/assets/documents/110946), and watch the videos on [FEMA's YouTube channel](#). You also can request copies of these free materials from the FEMA Publications Warehouse by contacting [FEMA-Youth-Preparedness@fema.dhs.gov](mailto:FEMA-Youth-Preparedness@fema.dhs.gov).



## SUPERHERO SWOOPS IN TO MAKE NYC KIDS EMERGENCY-READY



New York City Emergency Management recently introduced Ready Girl, a superhero who teaches young children about emergency preparedness. Ready Girl shows children how to make family communication plans, identify emergency meeting places, and make disaster supply kits. She also gives away coloring books and teaches kids to make their own superhero costumes, so they can be superheroes just like her. Ready Girl regularly makes appearances at schools, community events, and venues throughout the city, and NYC Emergency Management aims to partner with other preparedness organizations to reach thousands of children annually.

For guides and other resources, or to request an event, visit the Ready Girl page at the NYC Emergency Management website at: [www1.nyc.gov/site/em/ready/ready-girl.page](http://www1.nyc.gov/site/em/ready/ready-girl.page). You can also read about Ready Girl's adventures on her blog at: <https://readygirlnyc.wordpress.com/>.

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## ANIMATED SERIES HELPS KIDS STAY SAFE, KEEP CALM DURING EMERGENCIES

To teach children how to stay safe and keep calm in an emergency, the Disaster and Community Crisis Center at the University of Missouri developed an animated video series, "Building Resilience with Hunter and Eve," featuring Hunter the fox and Eve the owl. In addition to the videos, there are supplemental worksheets with answer keys, discussion guides for caregivers and teachers, and coloring sheets. The series is designed for students in Kindergarten through fifth grade. Watch the videos and download the supplemental materials at [dcc.missouri.edu/hunter-eve](http://dcc.missouri.edu/hunter-eve).



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## #TEENS4PREP: TEENS PROMOTING HEALTHY COMMUNITIES

Teens across the country are helping their communities stay healthy during disasters and every day. Check out their stories and share your own on YouTube, Facebook, or Twitter using the hashtag [#Teens4Prep](https://twitter.com/Teens4Prep).

Tracy Onchwari, a volunteer with the Medical Reserve Corps (MRC), shared how exciting a disaster exercise can be. Tracy joined an MRC disaster exercise complete with dummies that sweat, bleed, and cry out for help. The experience has prepared her to help out if a disaster strikes her community.



Another teen volunteer with the MRC, Daniel Bosse Joseph, is dedicated to helping improve health in his community so everyone can stay safe when a disaster strikes. "I like helping out my community," he said, "because it's my home. I like making sure that we're all ready and prepared for any disaster that may come, so we'll all make it out strong."

Find more stories like these at:

[www.phe.gov/Preparedness/news/events/NPM2015/Teens4Prep/Pages/default.aspx](http://www.phe.gov/Preparedness/news/events/NPM2015/Teens4Prep/Pages/default.aspx).



## AAP DISASTER PREPAREDNESS AND RESPONSE REPORTS



The unique needs of children mandate specialized planning for disasters. Failing to address children’s needs in advance of a disaster may put them in harm’s way, resulting in morbidity and physical and emotional stress for them and their caregivers. The newly released American Academy of Pediatrics’ (AAP) policy statement, “[Ensuring the Health of Children in Disasters](#),” identifies strategies for pediatricians and others involved in the care and well-being of children to help them prepare for and mitigate the effects of disasters.

Disasters can have short- and long-term impacts on a child’s physical and emotional health and development. An updated AAP clinical report, “[Providing Psychosocial Support to Children and Families in the Aftermath of Disasters and Crises](#),” stresses the importance of ensuring basic support services, psychological first aid, and professional self-care while healthcare professionals and other child health advocates are working with patients and families in the wake of disaster.

The AAP also released a new [infographic](#) for families to help prepare children for disasters. The infographic stresses the importance of developing a plan and talking with children in advance of a disaster, as well as identifies strategies that adults can use to help children cope.

For more information about AAP disaster preparedness and response activities, visit [www.aap.org/disasters](http://www.aap.org/disasters) or email [DisasterReady@aap.org](mailto:DisasterReady@aap.org).

## PREPAREDNESS PROGRAM BRINGS NEIGHBORHOODS TOGETHER

Are you looking for an activity to bring parents, children, and neighbors together? Do you need a community building idea? Create your neighborhood disaster plan! The City of Los Angeles has an innovative, simple, and award-winning program that is designed to help local communities become more resilient.



The 5 Steps to Neighborhood Preparedness program was designed to give communities the information and guidance needed to create disaster preparedness plans at the neighborhood level.

Here are the five steps:



1. Define your area.
2. Recruit leaders.
3. Scout your area.
4. Build your team.
5. Plan your approach.

These steps are easy to achieve, fun, and built to bring all neighbors together, using trusted strategies like the Incident Command System and incorporating programs like Community Emergency Response Teams.

Download the free toolkit, which includes a professionally developed video and numerous resources in multiple languages, at: [www.5Steps.LA](http://www.5Steps.LA).

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## GECKO'S TYPHOON TIPS VIDEO

To celebrate National Preparedness Month in September, the Guam Office of Homeland Security and Civil Defense hosted a preparedness video contest for high school students. Students were encouraged to submit short digital videos that incorporated the theme "what does your emergency plan look like?" and emphasized how families can prepare for a disaster.

Congratulations to the five George Washington High School seniors who won! You can watch their video at <https://www.youtube.com/watch?v=5C1fFjHROd0>.



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## COUNCIL CORNER

### GIVING THE GIFT OF PREPAREDNESS

In preparation for the holiday season, we asked FEMA's Youth Preparedness Council members, **if you could give one preparedness-related gift to your friends or family, what would it be?**

"I would definitely gift them with a Weather Radio. Chances are, most people already have the standard items such as flashlights and extra water. However, a weather radio is just as important because in an emergency such as a power outage, a radio can be the best place to get local news or live updates on the situation. Bonus points for a wind-up radio, which doesn't run out of power!"—**Bridget Smith, Region I**



"A simple emergency kit is the perfect gift. It can be a multitude of gifts in one which can include a first aid kit, non-perishable food items, and enough water for three days."

—Austin Witt, Region VII



## FOUR STEPS BUSY PEOPLE CAN TAKE TO PREPARE



Youth Preparedness Council member Divakar Saini, Region IX, offers advice to stay safe in an emergency and the following four steps even busy people can take to prepare.

**Step 1:** Make a kit. An emergency kit provides basic survival items and enough essential provisions for you and your family to survive for 72 hours without external assistance.

**Step 2:** Make a plan. During an emergency, having a plan in place will help unite family members if they are apart.

**Step 3:** Be informed. Look for information from your local office of emergency management, and sign up to receive emergency alerts on your phone and through email.

**Step 4:** Connect with your neighbors. In an emergency, your neighbors are often the ones who you first encounter and who can help respond. Take the time to discuss emergency plans with one another.

For details, see [www.paloaltoonline.com/news/2015/09/24/gunn-high-school-student-saini-promotes-national-preparedness-month](http://www.paloaltoonline.com/news/2015/09/24/gunn-high-school-student-saini-promotes-national-preparedness-month).

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## CONTACT US

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

**Online:** [www.ready.gov/youth-preparedness](http://www.ready.gov/youth-preparedness)

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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