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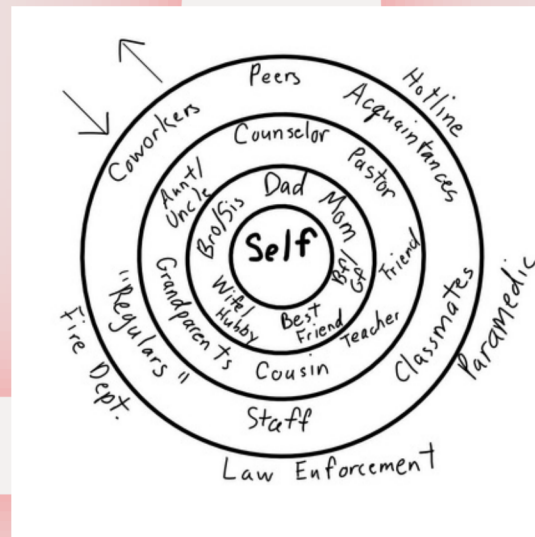
EMERGENCY MANAGEMENT GUIDE FOR TEENS





Building Resilience through COPING SKILLS

- Identify the thoughts and feelings you are having, and seek support from a trusted adult.
- Recognize that preparedness positively impacts your ability to react and make wise choices during an event.
- Create a “Circle of Trust”
 - A “Circle of Trust” is a group of individuals you are comfortable being vulnerable and turning to , as needed.
 - To build a circle of trust, it starts with you putting yourself in the middle followed by the names of people you are close to, spend time with, trust, etc.
 - The Caring Counselor provides the following example:
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DISASTER RISK REDUCTION

What is it?

Disaster Risk Reduction (DRR) is the process of reducing damage as a result of natural hazards (hurricanes, flooding, droughts, fires, etc.)

Four Phases of DRR:

Prevention, Preparedness, Response and Rehabilitation/
Recovery

What can you do?

- “Change makers: Share information learned in programs to help parents and communities prepare for disasters
- Creativity: Bring creative and resourceful ideas to disaster preparedness efforts
- Advocates: Serve as national advocates of youth preparedness”



IMPORTANT phone numbers

I KNOW YOU ALREADY HAVE IMPORTANT NUMBERS SAVED
IN YOUR PHONE; BUT ARE YOU PREPARED IF YOUR PHONE
RUNS OUT OF BATTERY?

NAME/ RELATIONSHIP

PHONE NUMBER



**REMEMBER, ALWAYS CALL 9-1-1 IN THE CASE OF EMERGENCY; AND YOUR LOCAL
POLICE DEPARTMENT TO REQUEST NON-EMERGENCY POLICE SERVICE**



Are you
READY?



YES



**I AM USING
THIS
GUIDE TO
GET READY!**

Let's Pack

OUR

Emergency Kit

Water: At least a gallon per person per day for several days

Food: Non-perishable food for several days, such as dried fruit, canned tuna, or peanut butter

Sanitation: Moist towelettes, garbage bags, plastic ties, toilet paper, and tissues

Shelter: Plastic sheeting, duct tape, sleeping bag, and warm blanket

Safety: First aid kit, whistle, dust mask, wrench or pliers, and matches in a waterproof container

Communication: Flashlight, extra batteries, battery-powered or hand-cranked radio, NOAA Weather Radio, cell phone with charger, and extra battery



Source: Ready.gov



Downloadable Resources



Download
the app



Emergency

Help Keep Your Loved Ones Safe. Climate change is causing more extreme weather events. We built the FREE Emergency app to help you prepare. It is simple to use and lets you customize 40 different weather alerts with fast notifications. It provides step-by-step guides to help you prepare and explains how climate change has impacted each hazard. You can easily find open Red Cross shelters with an interactive map. Choose to use the app in English or Spanish with an easy-to-find language toggle, and full weather alerts in both Spanish and English. The Emergency app is accessible so people with disabilities can use it. Compatible with Apple Watch and Android Wearable devices.



Or text: "GETEMERGENCY" to 90999



Jags Safe

Utilities

Designed for iPad. Not verified for macOS.

GET



FEMA

Weather

Designed for iPad. Not verified for macOS.

GET



NOAA Center Hurricane

Monitor Weather Disturbance

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In-App Purchases



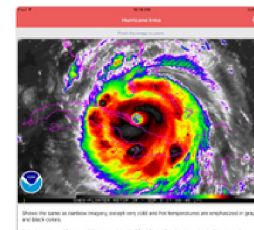
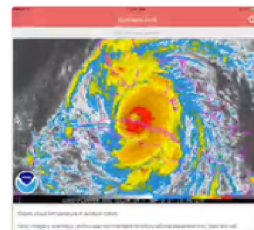
National Hurricane Center Data

NHC Hurricane Tracker App

Designed for iPad

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In-App Purchases



**The
Weather
Channel**

Weather - The Weather Channel 4+

Rain Alerts & Storm Tracker

The Weather Channel Interactive

#1 in Weather

★★★★★ 4.7 • 3.9M Ratings

Free · Offers In-App Purchases



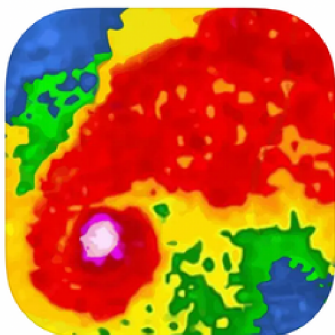
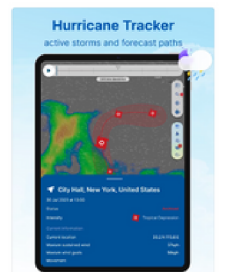
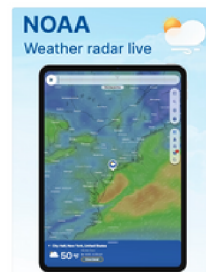
NOAA Weather - Weather Alerts

Storm, Rain & Snow Alerts

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In-App Purchases



Storm Tracker® 4+

My Weather & Tornado Radar

Impala Studios

#30 in Weather

★★★★★ 4.6 • 75.5K Ratings

Free · Offers In-App Purchases

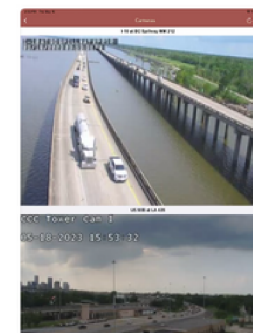
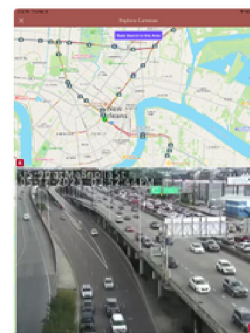


Louisiana 511 Traffic Cameras

LADOT 511 Traffic Cameras

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HOW TO GET **Involved!**

- 1. Join the Youth Preparedness Council (FEMA)**
- 2. Join or start a Teen Community Emergency Response Team (CERT)**
- 3. Each one, teach one: engage in preparedness and disaster risk reduction, then help family/ friends do the same!**
- 4. Join AmeriCorps/ FEMA Corps (ages 18-24)**

ACTIVE SHOOTER

WHAT TO DO

RUN

FIRST PRIORITY, LEAVE YOUR BELONGINGS AND GET AWAY

HIDE

STAY QUIET, SILENCE YOUR PHONE AND LOCK AND BLOCK THE DOOR ; DO NOT HIDE IN GROUPS!

FIGHT

BE AGGRESSIVE AND PREPARE TO CAUSE SERIOUS/ LETHAL INJURY TO THE SHOOTER! THROW ITEMS AND IMPROVISE ANYTHING AS A WEAPON.



CYBER SECURITY

Use Social Media Wisely

“Minimize the amount of personal or private information that you share online. Social media has been integrated into all aspects of daily life at home, at work, and at school. Users often share an abundance of their personal and private information through social media without regard for who might have access to this data. Cyber attackers use this information in a process called social engineering to infiltrate networks and identify vulnerabilities.”

SOURCE: GOVERNOR’S OFFICE OF HOMELAND SECURITY AND
EMERGENCY PREPAREDNESS (GOHSEP)



DO YOU KNOW THE DIFFERENCE?

HURRICANE WATCH

A HURRICANE MIGHT HAPPEN, BE
ON THE LOOKOUT AND PREPARE!

HURRICANE WARNING

A HURRICANE IS HAPPENING! GET
TO SHELTER!



THE FIRST 72 IS ON YOU!

Depending on the level of destruction after a disaster, it can take days for help to arrive! We must be prepared to provide non perishable food, clean water, medicine, toiletries, etc. for ourselves, our families and our pets for AT LEAST three (3) days after a disaster.

