

## Emergency Preparedness School Video

### Teacher's Guide



The Missouri Department of Health and Senior Services (DHSS) has developed this guide to assist teachers in educating their students about the importance of emergency preparedness. Students will learn how to take an active role in helping their families get *Ready in 3* by creating a plan, assembling an emergency kit, and listening for important information during an emergency.

School administrators and teachers play a critical role in educating our children on emergency preparedness. After all, children spend a majority of their day at school, and educators are among the most important role models and advisors to our children. Emergency preparation can be taught at school in a no-nonsense, non-threatening way - just as fire and tornado drills are a common occurrence.

DHSS staff are very sensitive to the nuances of communicating these types of issues to children. We need to ensure that children are prepared and safe, but we want to do so in a way that doesn't frighten or traumatize them.

#### **Sample Talking Points for Class Discussion**

- No matter how old or young, we all need to do our part in making sure our families are ready if something unexpected happens.
- Getting ready for something in our homes is just like what we do at school when we plan and practice for fire drills. None of us really think anything bad will happen at school, but it makes us feel a lot better knowing what to do if something does happen.
- Sometimes our parents need some help planning for these unexpected things, like tornadoes. While they probably won't happen, we need to be prepared for these events - just to be safe. Kids can play an important role in this planning and preparation process.
- Having a plan and a ready-to-go kit can help your family through an emergency. It is very easy to get *Ready in 3*, and you can help your parents learn more and get ready.

#### **Video Overview**

The *Ready in 3* classroom video is designed for and features middle school students. The energetic video is divided into three sections: Create a Plan, Prepare a Kit, and Listen for Information.

## Class Activities to Support Video

### Create a Plan

- After viewing the “Create a Plan” segment of the video, invite students to talk about their family’s response plans. Spark a discussion among the class about the types of plans their families already have in place, what they have done to prepare for emergencies, and what they did to help.
- Discuss your school’s emergency plan, and give students important school phone numbers that parents should call in the event of an emergency.
- Ask students to share the “Family Safety Guide” with their parents for homework that night and use the accompanying **FAMILY PLAN** to develop a plan as a family. Ask them to be sure to write down their parents’ contact information as well as contact information for their family’s secondary contact to include in the school’s emergency plan.
- Discuss their plans the next day in class. Put together your Class Emergency Plan. Include contact information for your students.
- Create a plan with your family and discuss it with students as well. Show them that emergency preparedness is everyone’s responsibility.

### Prepare a Kit

- After viewing the “Prepare a Kit” segment of the video, have students use the **EMERGENCY KIT CHECKLIST** that accompanies the Family Safety Guide to determine the supplies that they already have at home and what additional supplies would be the most critical to purchase for their kit. It’s important to emphasize the use of existing items to keep costs low. This activity can be done at home in conjunction with the “Create a Plan” assignment.
- Prepare a kit as a class. This can be done with actual items, or could be a “virtual kit.” Cut pictures out of catalogs, magazines and newspapers, or browse the Internet for photographs.

### Listen for Information

- Talk about the news sources in your area – primarily television and radio, but newspapers as well. If students aren’t aware of news radio station frequencies or TV stations, list local stations and encourage students to add them to their Family Plan. Consider tuning the portable radio to a news station.
- Conduct an online scavenger hunt for helpful emergency preparedness web sites for families. Ask students to identify web sites with tips for various emergencies, such as a tornado, flood, fire, or terrorist attack. For example, <http://ready.gov/kids> has several links for kids that give information and provide workbook activities for them to measure what they’ve learned.

### Emergency Preparedness Quiz

- If you have the DVD version of the video, take a look at the interactive quiz about emergency preparedness and consider using this section as a class.
- The **STUDENT QUIZ** includes questions, should you decide to host a live quiz with your class. Consider hosting a live quiz show in which your students take turns serving as the host and players.

## **Answer Key to Student Quiz**

1. b. All the same person.
2. d. One gallon.
3. b. Three days.
4. b. Two weeks.
5. c. Every six months.
6. Battery-powered radio with extra batteries.
7.
  1. Create a Plan.
  2. Prepare a Kit.
  3. Listen for Information.
8.
  1. Close windows, air vents and fireplace dampers.
  2. Turn off the air conditioning, forced-air heating systems, exhaust fans, and clothes dryers.
  3. Seal doors and air vents with heavy-duty plastic sheeting and heavy-duty tape.
9. True.
10. False.
11. True.
12. False.

## **Additional Activities for School Students**

- Adopt a needy family and put together an emergency kit for them to use. Make sure to have enough food and water for each family member and pets.
- Conduct scavenger hunts for items that would be included in an emergency kit, such as a flashlight, batteries, battery-powered radio, canned or dried food, water, a first-aid kit, medicines (for the scavenger hunt, empty medicine bottles will do), toilet paper, and rain gear.
- Write a skit on emergency preparedness and perform the skit for the entire school. The skit should have a problem (for example, someone isn't sure how to prepare for an emergency) and a solution (a friend tells him/her about the *Ready in 3* program and where to go for information.)
- Hold a poster contest with the theme "Helping Others Prepare for Emergencies." Have other members of the staff serve as judges.
- Hold a video contest in which students create a commercial or television show telling the audience how to prepare for an emergency.
- Tour a fire department or any other emergency-service provider.
- Create content for the school's website telling students how to prepare for an emergency, and provide them with other resources. This could direct others to visit [health.mo.gov/emergencies/readyin3](http://health.mo.gov/emergencies/readyin3) for more information.



Missouri Department of Health and Senior Services  
Center for Emergency Response and Terrorism

**Ready in 3**

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School Video

Student Quiz



Circle the Correct Answer

1. If an emergency happens and you are not with your family, how should you plan to connect with one another?
  - a. Each call a different friend or family member
  - b. All the same person.
2. How much water does one person need each day?
  - a. One Pint
  - b. Two Pints
  - c. One Quart
  - d. One Gallon
3. At a minimum, how many days worth of food and water should you store in case of an emergency?
  - a. One day
  - b. Three days
  - c. One week
  - d. Six days
4. How many days worth of food and water should you store if you have extra room?
  - a. One week
  - b. Two weeks
  - c. Two months
  - d. One year
5. How often should you change your stored water supply?
  - a. Every week
  - b. Every six weeks
  - c. Every six months
  - d. Once a year

Fill in the Blanks

6. In order to listen for information, you should have a \_\_\_\_\_ on-hand in case of a power outage.

7. The three steps you need to take to be ready for an emergency are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

8. In an emergency where poisons are in the air, list three steps you can take to help seal a room.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Circle True or False

9. Families are responsible for their own safety during an emergency.      **TRUE**      **FALSE**
10. Planning for a fire is the same as planning for a tornado.      **TRUE**      **FALSE**
11. During an emergency, it is sometimes easier to make a long-distance phone call instead of a local call.      **TRUE**      **FALSE**
12. During an emergency, you should go to a room with windows so you can see what is happening outside.      **TRUE**      **FALSE**

Name: \_\_\_\_\_

Date: \_\_\_\_\_