

# Youth, Children And Educators Resource Guide



Governor's Office of  
Volunteer Services

**ServeAlabama.Gov**  
**[Info@ServeAlabama.gov](mailto:Info@ServeAlabama.gov)**  
**ReadyAlabama.Gov**  
**334-242-1549**

**The Governor's Office of Volunteer Services would like to thank our Partners listed below in helping us to provide preparedness and safety resources to Alabamians.**

**AmeriCorps**

**APH - Alabama Public Health**

**ARC - American Red Cross**

**DHS – US Department of Homeland Security**

**FEMA - Federal Emergency Management Agency**

**FEMA - Federal Emergency Management Agency**

**FEMA – Kids Resource Library**

**FEMA – Order Free Publications**

**United Way 211**

**Serve Alabama**

**Ready Alabama**

**AmeriCorps.Gov**

**AlabamaPublicHealth.Gov**

**RedCross.Org**

**DHS.Gov**

**FEMA.GOV**

**Ready.Gov**

**Ready.Gov/kids/kids-resource-library**

**Orders.GPO.Gov**

**UnitedWaysofAlabama.Org**

**ServeAlabama.Gov**

**ReadyAlabama.Gov**

**Please follow federal, state and local government's official websites and social media for instructions and specifics for your community. The State of Alabama does not endorse or recommend any particular volunteer opportunity or organization.**

***\*This resource will be updated periodically as new information is made available.***

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Emergency Contact Card

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/teaching-kids-about-emergency-preparedness/prepare-with-pedro.html>

12 booklets with storybook,  
teachers guides, videos,  
supplemental activities and more



### Prepare with Pedro!

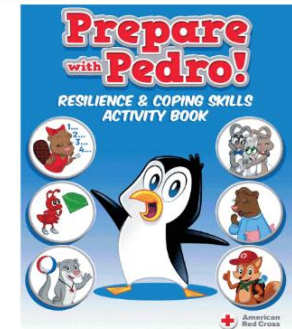
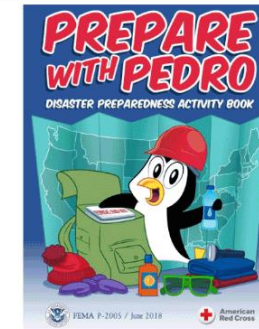
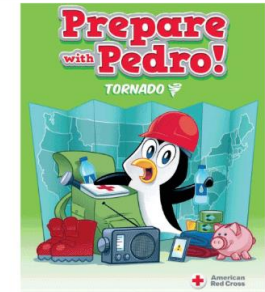
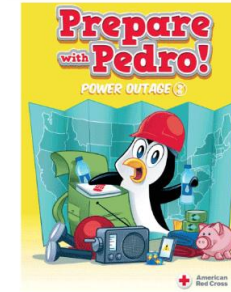
AN ADVENTURE IN EMERGENCY PREPAREDNESS



FEMA P-2319 / Jan 2023



American Red Cross



[https://www.ready.gov/sites/default/files/2023-10/ready-gov\\_pedro\\_game\\_adventure-in-emergency-preparedness.pdf](https://www.ready.gov/sites/default/files/2023-10/ready-gov_pedro_game_adventure-in-emergency-preparedness.pdf)



A New Game from FEMA and American Red Cross

Prepare with Pedro – A Game for Children

<https://www.ready.gov/kids/prepare-pedro>



### Households, Schools and Educators

Prepare your home, school, staff and students for disasters and emergencies.

- Teaching Kids about Emergency Preparedness
- How Schools can Prepare for Disasters
- Become a Preparedness Champion!

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies.html>



### Pillowcase Project

The Pillowcase Project is a preparedness education program for grades 3-5 that teaches students about personal and family preparedness and safety skills, local hazards, and basic coping skills. Red Cross volunteers lead students through a “Learn, Practice, Share” framework to engage them in disaster preparedness and survival skills. Upon completion, students receive a sturdy pillowcase in which to build their personal emergency supplies kit.

- Available in 40- and 60-minute formats
- Perfect for schools, after-school programs, Girl and Boy Scout troop meetings, and more
- Presentations are customized to focus on a hazard that is important and relevant to the local community
- Available across the nation while supplies last

[LEARN MORE](#)

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/teaching-kids-about-emergency-preparedness.html>



### The App that Helps Kids Stay Safe

Monster Guard is the first mobile app created by the American Red Cross that's designed specifically for kids. Follow Maya, Chad, Olivia and all the monsters as they teach kids (aged 7-11) about how to prepare for real-life emergencies-at home plus other environments-in a fun and engaging game. This free app is available to download on iOS mobile and tablet devices.

<https://web.archive.org/web/20210708211927/https://www.redcross.org/monster-guard.html>

<https://www.redcross.org/local/georgia/about-us/news-and-events/press-releases/red-cross-suggests-free-monster-guard-app-for-housebound-familie.html>



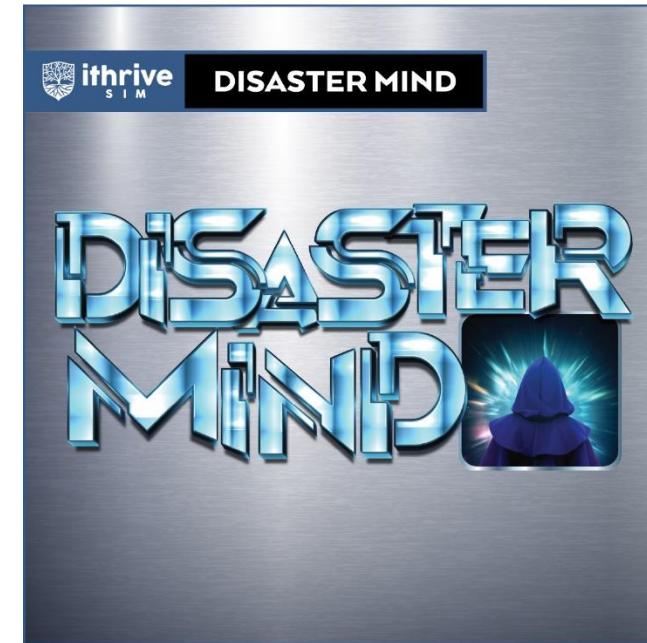
# Play the Disaster Game

Players must make quick decisions in the face three natural disasters: a blizzard, wildfire and flood. Complicating their quest, a mysterious guide weaves twists and turns along the way.

## Key Features

- Available on most web browsers.
- Can be played solo or as a class.
- Does not collect data or personally identifiable information (PII).

**FEMA Disaster Mind Simulation Game for ages 13 and up**



<https://ithrivegames.org/disaster-mind/>

or

[www.FEMA.gov/DisasterMind](http://www.FEMA.gov/DisasterMind)

## Card Game and Companion Book

<https://orders.gpo.gov/icpd/ICPD.aspx>

Ready 2 Help teaches kids five simple steps to stay safe and make a difference until help arrives.

In this fun game, kids respond to example emergencies using skills that can help in a real emergency.

Use this companion book to brush up on the rules and get hints on discussing preparedness with kids.



for a disaster!



### Ready 2 Help Card Game

The card game teaches 5 simple steps to stay safe and make a difference until help arrives. [Play now.](#)



# Helping Children Cope with Disaster



**FEMA**



**American  
Red Cross**

*Together, we can save a life*



<https://www.fema.gov/pdf/library/children.pdf>

**This is a 12-page booklet**



Ready Kids

Resource Library

Games

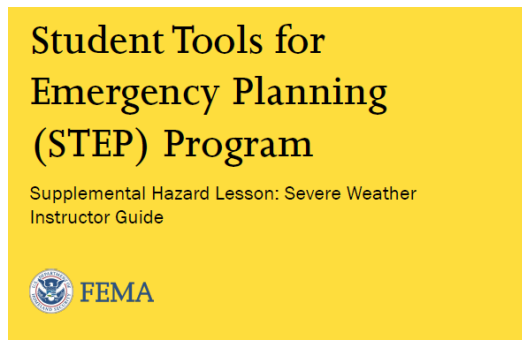
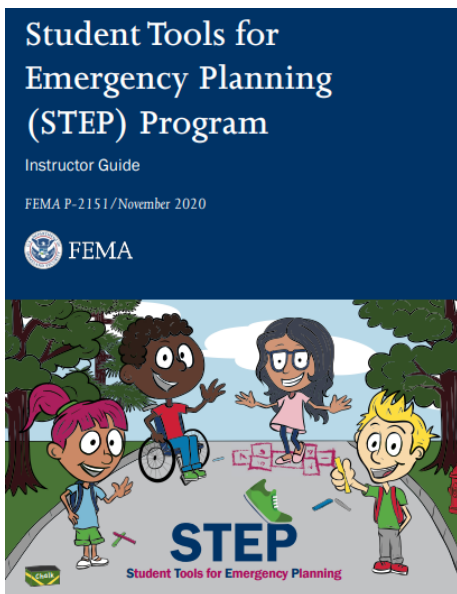
Prepare with Pedro

**Curriculum**

<https://www.ready.gov/kids/curriculum>

<https://www.ready.gov/kids/student-tools-emergency-planning-step>

The Instructor Guide has multiple pages of resources.



[Back to Home](#)

## Step into Youth Preparedness This Summer

June 1, 2021



With summer approaching, learning about preparedness doesn't need to end because school's out. The updated [Student Tools for Emergency Planning \(STEP\)](#) curriculum and digital hazard lessons can be used at home on your computer or tablet. They also can be a part of scout, camp, or community activities.

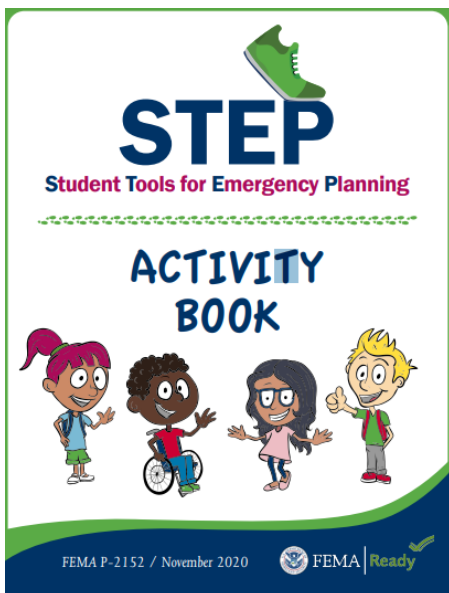
STEP helps youth understand a variety of hazards, from tornadoes to pandemics, and how to stay safe. Lessons are tailored for students in the fourth and fifth grade but can be adjusted for older and younger students alike.



## Students Tools for Emergency Planning (STEP) Curriculum

### PROMOTION TOOLKIT

This toolkit provides resources for promoting and communicating about the STEP curriculum.



# Educators & Organizations



## Curriculum

Lessons and activities that bring disaster readiness into the classroom. **Explore.**

<https://www.ready.gov/kids/make-a-plan>

<https://www.ready.gov/kids/educators-organizations>



## Who Will We Contact?

Pick the same person for each family member to contact. Pick someone out of



## Where Will We Meet?

Decide on safe, familiar, accessible places where your family can go for protection or




Ready

FEMA

# Are You READY!

*How would we see at night without power?*



**Electricity lights up our world!**

Think of all the ways we rely on electricity: keeping food fresh, cooking meals, and getting information through the internet or TV. It keeps us warm in the winter, cool in the summer, and connected with each other year round. Oftentimes, we use electricity to play and have fun! Are you and your family ready if disaster strikes and your home is without power?

Help your family build an emergency kit! Collect these items and keep them together in a safe place that you can find easily. Make sure you have enough supplies to last for at least **three days**.

### Emergency Supplies List

☐ 3-day supply of non-perishable food (dried fruit, canned tuna fish, peanut butter, etc.)

☐ Can opener

☐ First aid kit

☐ Sleeping bag or warm blanket for everyone in your family

☐ Change of clothes to last 3 days, including sturdy

☐ Water – at least a gallon per person, per day

☐ Battery-powered or hand-cranked radio with extra batteries

☐ Flashlights with extra batteries

☐ Cell phone with charger, extra battery and solar charger

☐ Whistle to signal for help

Ready

FEMA

# Family Communication Plan


Emergencies can happen at any time. Do you know how to get in touch with your family if you are not together?

**Let them know you're OK!**

Pick the same person for each family member to contact. It might be easier to reach someone who's out of town.

**Text, don't talk!**

Unless you are in immediate danger, send a text. Texts often have an easier time getting through during emergencies, and you don't want to tie up phone lines needed by emergency responders (like 911).



## Know the Numbers!

Home: \_\_\_\_\_

Adult: \_\_\_\_\_

Parent: \_\_\_\_\_

Cell: \_\_\_\_\_

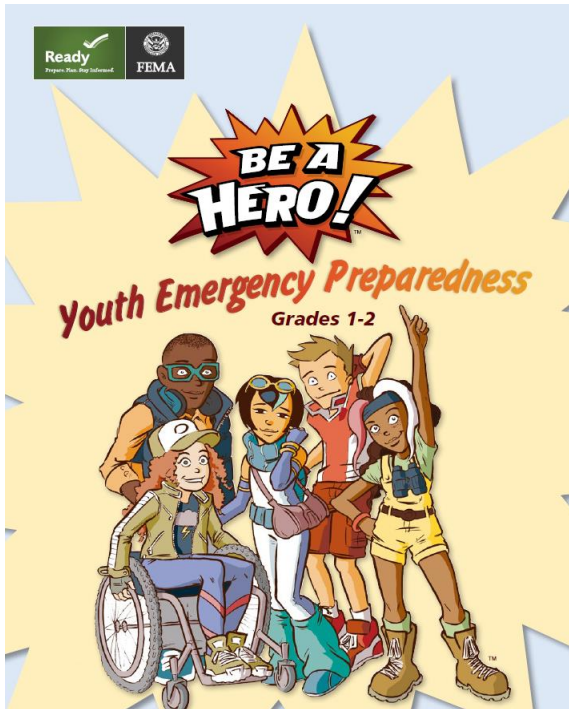
Home: \_\_\_\_\_

Cell: \_\_\_\_\_

ready.gov/sites/default/files/2019-06/family\_communications\_plan\_kids.pdf

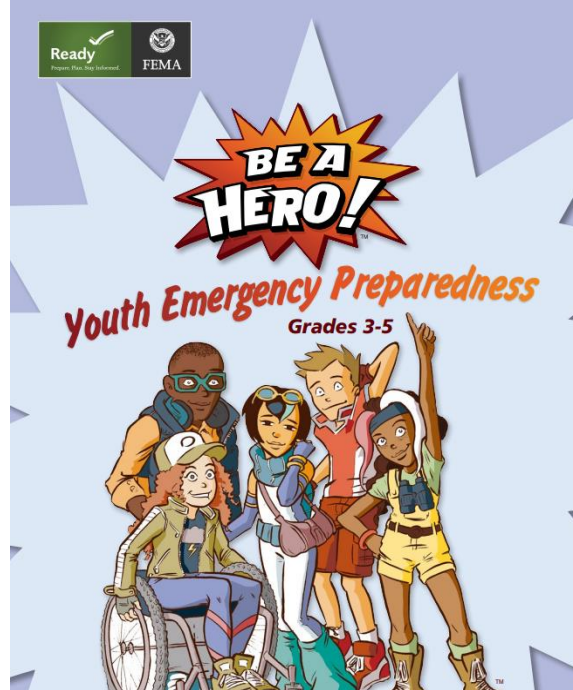
<https://www.ready.gov/collection/curriculum>

## Resource Library



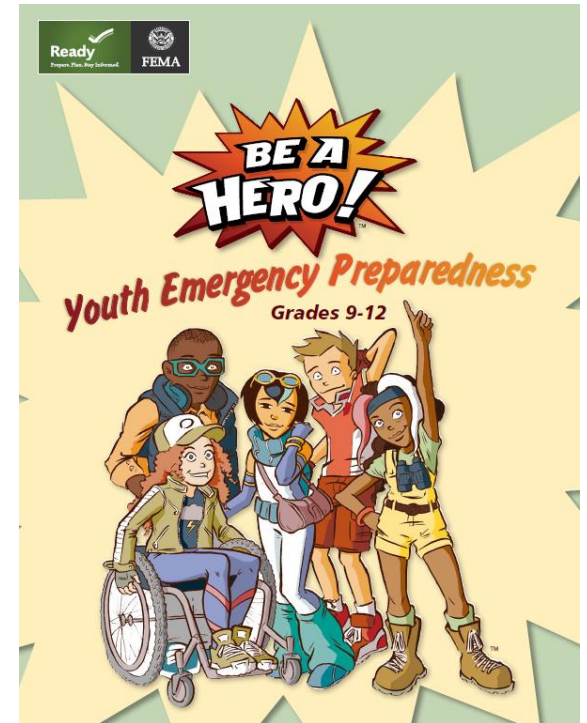
Grade 1-2

Grade 3-5



Grade 6-8

Grade 9-12





## GAMES

Are you ready? These games will test your know-how in a wide range of emergencies and teach you how to build the emergency kit. Play Disaster Master and Build a Kit online and order the Ready 2 Help card game today



### Disaster Master Game

Step into the heart of the action and help the team face everything from home fires to earthquakes! Explore.



### Build a Kit Game

You're on a mission - find what you need and build an emergency kit! Will you pick the correct items? Explore





Iris-Bella Quiroa  
Region 1 – Rhode Island

Jordy Almonte  
Region 2 – New York

Diego Irizarry  
Region 2 – Puerto Rico



Anjali Mukundan  
Region 3 - Virginia

Kennedy Solaru  
Region 3 – Washington, D.C.

Isabella Tarsitano  
Region 4 - Florida



Julia Surzykiewicz  
Region 5 - Illinois

Armaan Bhasin  
Region 5 - Wisconsin

Michael Hamad  
Region 6 - Texas



Ysabella Olsen  
Region 7 - Missouri

Bryce Ludikuize  
Region 8 – Wyoming

Georgia Bukata  
Region 9 - Arizona



Arushi Gupta  
Region 9 - California

Suniti Srinivasan  
Region 10 - Washington

Jiaming Zhang  
Region 10 - Oregon



# YPC Member Roles and Responsibilities

The national Youth Preparedness Council (YPC) provides a unique opportunity for youth leaders to serve on a highly distinguished national council, share their perspectives with FEMA staff and leadership, and network with peers across the country. Being selected to serve on the national YPC is an honor and it is also a significant responsibility that requires dedication and time management.

This document outlines the roles and responsibilities of YPC members. We have high expectations of council members and we are here to support you. Do not hesitate to reach out at any time by emailing [FEMA-Prepare@fema.dhs.gov](mailto:FEMA-Prepare@fema.dhs.gov).

## Core Values

YPC members are expected to uphold FEMA's core values of compassion, fairness, integrity, and

The Youth Preparedness Council (YPC) was created in 2012 to bring together youth leaders interested in supporting disaster preparedness and making a difference in their communities by completing disaster preparedness projects nationally and locally.

## Youth Preparedness Council

Today's young leaders who are interested in supporting disaster preparedness and making a difference in their communities.

<https://www.fema.gov/emergency-managers/individuals-communities/youth-preparedness-council>

## Join the Youth Preparedness Council



### How to Apply

1. Create a login
2. Complete application form
3. Stay connected

[Apply Now](#) ↗



Please come back in the fall for more information about the next YPC application period.



## NEED HELP? CONTACT 2-1-1

Your link to community resources.

Child and Family Services • Utilities & Housing Services • Health/Mental Health Services  
Food Assistance • Education/Training Services • Disaster Relief & Recovery

CALL | TEXT | CHAT

DIAL 2-1-1 • CALL OR TEXT 888-421-1266 • VISIT 211CONNECTSALABAMA.ORG

### FIND HELP LOCALLY

2-1-1 links the caller to:

- **Basic Human Needs:** food, clothing, shelter, and other basic needs
- **Physical & Mental Health:** health insurance programs, Medicaid and Medicare, intervention services, support groups, counseling, drug and alcohol intervention, victim services, and rehabilitation
- **Employment Support:** Earned Income Tax Credit (EITC), financial assistance, job training, transportation assistance, education programs, and foreclosure prevention services
- **Support for Senior Citizens:** adult day care, respite care, home health care, transportation, specialized services for individuals of all ages with disabilities, employment assistance
- **Support for Children, Youth, & Families:** child care, after-school programs, family resource centers, mentoring, tutoring, and protective services

### GET HELP DURING A CRISIS

During a disaster such as a hurricane or tornado, a 2-1-1 Community Resource Specialist links the caller to resources such as:

- Emergency Shelters
- Grief Counseling
- Food Distribution Centers
- Clean-up Crews
- State and Federal Assistance
- Potable water, ice, food
- Volunteer Opportunities
- Emergency Financial Assistance

### GIVE HELP

Get linked with a local nonprofit or faith based organization that could benefit from your time and talents.

### ONLINE SERVICES

Visit [www.211connectsalabama.org](http://www.211connectsalabama.org) to do online searches or "chat" with one of our Community Resource Specialists.

TEXT "HELP" TO 888-421-1266



# Know the Signs



Most suicidal people show signs that they are thinking about suicide. Know the signs, start the conversation, and get help. One small act can make a difference.

1. Withdrawal
2. Depression/Anxiety
3. Riskless Behavior

# Saving Teen & Young Adult Lives in Alabama



# JUST TALK ABOUT IT.

**CALL OR TEXT 988**  
It's a completely confidential call.  
No one will know you called except for you.

Call or text any time.  
Open 24 hours a day.

*Talking about*

There are more suicides than murders in Alabama every year.

It's a confidential call no one will know you called but you!

open 24 hours a day

**JUST TALK ABOUT IT!**

If a friend has had suicidal thoughts

Talking about suicidal thoughts helps reduce the pain.

In 2018, 16 people ages 10 to 24 died by suicide in Alabama.



**988**  
SUICIDE & CRISIS LIFELINE  
alabamapublichealth.gov

It is a confidential call. No one will know you called but you.  
If you or a friend are having suicidal thoughts, just talk about it...to a friend, to a teacher, to a coach, to a leader, to us...but TALK!

[www.alabamapublichealth.gov/suicide](http://www.alabamapublichealth.gov/suicide)  
Talk Line: 205.328.8255  
205.328.TALK

# Suicide-Proofing Your Home

A guide to keeping families safe

<https://orders.gpo.gov/icpd/ICPD.aspx>



**Thank you for helping prepare your community!**

#### **Publications by Category**

- [Preparedness Actions](#)
- [Capacity Building](#)
- [Youth Preparedness](#)
- [Citizen Responder](#)
- [Financial Resilience](#)

These products are maintained by the Federal Emergency Management Agency (FEMA).  
Read more at [Ready.gov](https://www.ready.gov).



## Register a Volunteer Opportunity

Publicize your volunteer opportunities for the Martin Luther King, Jr., National Day of Service by adding them to AmeriCorps Volunteer Search.

1. To be discoverable in search results for MLK Day, **you must use #MLK in the title of the project.**
2. **Create a free project listing** with one of these organizations: [Idealist](#), [JustServe](#), or [VolunteerMatch](#)
3. That's it, anyone searching for MLK Day volunteer opportunities on our site will see your post.

### You'll Be a Part of Something Bigger



Our mission is to improve lives, strengthen communities, and foster civic engagement through service and volunteering. We work to deliver grants and/or AmeriCorps members and volunteers to local organizations across the nation and invite individuals to serve alongside each other for the betterment of every community.

### Grow Personally and Professionally



Learn and grow while giving back. Individuals who work at AmeriCorps build new skillsets, grow professionally, and have the opportunity to create a network across the agency through trainings, team building, and working groups.

### Turn Your Passion into Action



AmeriCorps culture is unlike any other federal agency. You'll learn how to reach your own potential by working in an inclusive environment of individuals who share a passion for service and commitment to AmeriCorps' core values. You'll have the opportunity to join one of our affinity groups, volunteer in your community, and help others as a part of our work force.

### Federal Employee Benefits



AmeriCorps provides several benefits for its members and volunteers. Education awards are available to AmeriCorps members, as well as supplemental health insurance, loan deferment, and childcare. Benefits vary by program.

## Working at AmeriCorps

Work in our headquarters office located in Washington, DC, one of our region offices, or one of the AmeriCorps NCCC campuses located across the country.



### Education



More than 51,000 members and volunteers support students in nearly 9,500 public, private, and charter schools across the country. Through our work we improve attendance and engagement, increase high-school graduation rates and expand college enrollment.

### Economic Opportunity



Our programs serve as a pathway to employment opportunities and help develop vital work skills. We build and rehabilitate affordable housing, provide financial literacy training, and

### Disaster Services



When disaster strikes, we repair homes, assist survivors, and help restore communities when it matters most. We have deployed thousands of members and volunteers to areas affected by hurricanes, wildfires, floods, and tornadoes.



## AmeriCorps NCCC

If you are 18-26, you can gain experience while supporting climate change mitigation, building affordable housing, disaster response, and more. You will travel the country, all expenses paid, and earn money for college while serving on a team full-time.



### Innovation

AmeriCorps researches and develops unique service programs that explore how to engage and improve communities.



### Implementation

AmeriCorps members, grantees, and partner organizations adopt programs locally to address social issues.



### Improvement

AmeriCorps leverages rigorous evaluation methods to measure program performance and identify opportunities for improvement.



### Expanded Impact

Using evaluation results, AmeriCorps provides the framework for other organizations to replicate and scale programs in their communities.

## AmeriCorps VISTA

With AmeriCorps VISTA, you'll address community challenges where the need is greatest. Serve in an office setting and help fight poverty while building your professional skills and earning additional benefits.

# AMERICORPS.GOV



# RESOURCES

## FEMA

- [Whole Community Planning Guide](#): A 28-page booklet that explores the concept and principles of the whole community approach.
- [Community Lifelines](#): A webpage that outlines the seven kinds of lifelines and includes a link to download the Community Lifelines Toolkit.
- [Comprehensive Planning Guides](#): A webpage with links to download planning guides and resources, as well as emergency operations plans for schools.
- [Business Continuity Planning Suite](#): Software that can be downloaded for businesses and organizations to create, improve, or update their continuity plans.
- [Organizations Preparing for Emergency Needs \(OPEN\) Training](#): A preparedness course for community-based organizations.
- [IS-36: Multihazard Planning for Childcare](#): An independent study course that helps child care providers prepare for incidents to ensure the safety of the children at their site.

## Community Preparedness: Integrating the Needs of Children

Instructor Guide

August 2021



### Instructor Guide

## Community Preparedness: Integrating the Needs of Children

Participant Guide

August 2021



### Participant Guide

From Community.FEMA.Gov    Preparedness Community : Integrating the Needs of Children



# RESOURCES

## Federal Organizations

- [Centers for Disease Control and Prevention \(CDC\)](#): CDC is the national public health agency whose goal is to increase U.S. health security.
- [HHS Office of the Assistant Secretary for Preparedness and Response \(ASPR\)](#): ASPR aims to save lives and protect Americans from 21st century health security threats by working with cross-sector partners across the country to improve readiness and response capabilities.
- [The Administration for Children and Families \(ACF\)](#): ACF is a HHS program that focuses on the economic and social well-being of families, children, individuals and communities.
- [U.S. Department of Education \(ED\)](#): ED promotes student achievement and preparation for global competitiveness by fostering educational excellence and ensuring equal access.
- [U.S. Department of Health and Human Services \(HHS\)](#): HHS protects and enhances the health of all Americans and provides essential human services.

## Non-Governmental Organizations

- [Academy of Pediatrics \(AAP\)](#): AAP brings over 60,000 pediatricians together to attain optimal physical, mental, and social health and well-being for all infants, children, adolescents and young adults.
- [American Red Cross](#): American Red Cross provides emergency assistance and disaster relief to communities around the world.
- [Save the Children](#): Save the Children is a nonprofit dedicated to improving the welfare of children who are victims of emergencies, wars, and other disasters.

## Community Preparedness: Integrating the Needs of Children

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August 2021



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August 2021



## Participant Guide

Find all these Resources at [www.ServeAlabama.Gov](http://www.ServeAlabama.Gov)



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