

APPENDIX A

Troop Leaders: Working with Girls **D B J C S A**



Disasters affect everyone in different ways. Both large and small scale emergencies can affect a girl's feeling of safety. Some issues and topics discussed in this patch program may have a strong effect on the girls. This information will help you know how to deal with their feelings. It is also helpful information to have in case an emergency does occur.

How to help children feel safe

Talk with them. Be present. Interacting with girls will help to reassure them. Talk with them about all the things you do to help them feel safe and secure. If asked, talk with girls about what the governmental and volunteer organizations are doing to help everyone be safe. Remind the girls that they are learning how to be safe and that this knowledge will empower them to protect themselves, their families, and their community.

How to recognize a child's reaction

It is important for adults to recognize their own feelings before they begin to assess the effect of the event on a child. Be patient. Determine what is really important and remember that someone else's priorities may be different from yours. Accept that physical and emotional restoration will take time.

- Observe a child at play or in conversation.
- Listen carefully to how a child expresses her feelings.
- Encourage her to talk and express her concerns or fears.
- Respond and give reassurance. Dr. Harris Jensen, Medical Director at Poudre Valley Hospital in Fort Collins, Colorado says, "If an adult does not respond to a child's fear, the child may feel they can't trust him/her. Kids may generalize their fear and begin to mistrust more and more of their world."
- Be aware of triggers that will cause a child to experience recurrent memories or reactions. For example, after a flood sudden rainstorms may be a trigger.

Active Listening

As a Troop Leader, you provide girls with a "safe place." One of the best things you can offer to your girls is to be a good listener and to encourage the girls in your troop to be respectful and listen to each other as well.

Some guidelines to leading an "Active Listening" group:

- **Be Respectful:** Establish a code of conduct to be followed among the girls when discussing sensitive subjects. Possible rules can be: one girl speaks at a time without interruption, or allow everyone the opportunity to express herself or to "pass." Girls can help brainstorm other important guidelines they want to follow.
- **Encourage all Girls:** Some girls may be unsure as to how they feel. It is important to encourage them to identify and express their feelings in an appropriate and healthy manner. Even if they are "unsure" or "confused" that is still an acceptable and natural feeling.
- **Listen:** It may be tempting to answer all of their questions to put their minds at ease. However, this is an important time for the girls to offer their own theories, solutions, and to comfort one another. Allow them to ask and answer questions amongst themselves. If a question is directed to you, throw it back out to the troop and ask the girls what they think.
- **Making it Work:** As the "facilitator" it is important to begin, direct, and end the group discussion. Start by introducing the topic to be addressed. Avoid using questions which can be answered with a "yes" or "no." Make a note of ideas brought up in discussion and reintroduce them when the conversation seems to be slowing down. To end, summarize what was discussed and some of the

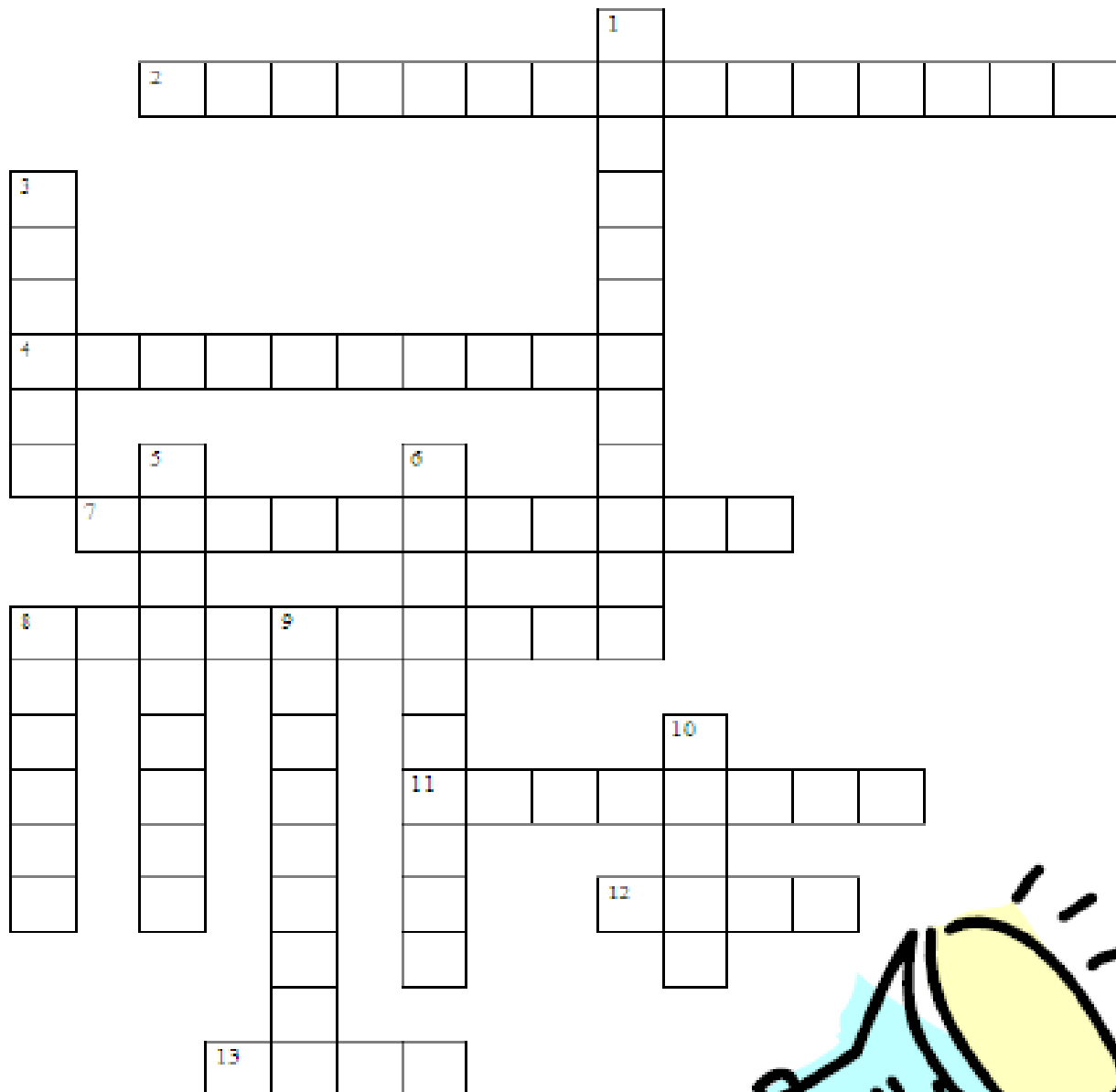
insightful viewpoints that were shared. Thank the girls for their input and let them know you are always available if they need to talk in the future.

For more strategies on how to help children cope with disasters, visit the FEMA kids' After a Disaster resource page at www.fema.gov/kids/tch_aft.htm

APPENDIX B

Emergency Preparedness

Try this puzzle to get more familiar with emergency preparedness terms.



ACROSS

- 2 Removing contaminated clothing items, washing hands and taking a cool shower are all part of basic _____.
- 4 The movement of people away from a threat or hazard.
- 7 Bandages and medications are found in this (3 words).
- 8 Something in your Emergency Kit for when the power goes out.
- 11 The best way to be safe during an emergency is to be _____.
- 12 Furry family members that should be part of your preparedness plan.
- 13 The Federal Emergency Management Agency.

DOWN

- 1 Water, food, a first aid kit, flashlight and a radio are all found in a _____ (2 words).
- 3 _____ is the major concern of emergency preparedness.
- 5 Floods, hurricanes, tornadoes, fires and national security emergencies are kinds of _____.
- 6 Something that allows families to know where to meet and whom to call during an emergency (2 words).
- 8 _____ happen during heavy rains, when rivers overflow, when ocean waves come onshore, when snow melts too fast or when dams or levees break.
- 9 A _____ is a tropical storm with an "eye."
- 10 Every person needs one gallon of this per day!

WORD BANK

Flashlight	Pets	Safety
Prepared	First Aid Kit	Water
Emergency Kit	FEMA	Family Plan
Evacuation	Floods	Decontamination
Disasters	Hurricane	

APPENDIX C

Bibliography of Youth Books on Disaster and Emergency Preparedness

Daisies/Brownies

1. **Tornadoes** by Seymour Simon. Ages 4 - 8. How and why tornadoes form, how they behave, how scientists predict and track them, and what to do to protect yourself.
2. **The Big Flood** by Wendy Pfeffer and Vanessa Lubach. Ages 4 - 8. How one community responded when the Mississippi River flooded in 1993.
3. **Hurricane!** by Corinne Demas. Ages 4-8. Margo and her family prepare for and experience Hurricane Bob, which makes the electricity go out for five days but leaves their house intact.
4. **The Magic School Bus Inside a Hurricane (Magic School Bus Series)** by Joanna Cole and Bruce Degen. Ages 4 - 8. A tropical storm catches the Magic School Bus inside the eye of its hurricane, providing firsthand information on changes taking place in air, sea and land.
5. **Fire Truck by Peter Sis.** Ages 4 - 8. A little boy wakes up one morning to discover he's turned into a fire truck. The book focuses on his imaginative rescue missions.
6. **No Dragons for Tea: Fire Safety for Kids and Dragons** by Jean Pendziwol and Martine Gourbault. Ages 3 - 8. A low-key approach to fire safety for kids.
7. **Emma and the Night Dogs** by Susan Bivin Aller and Marni Backer. Ages 4 - 8. Inspired by the Connecticut Canine Search and Rescue, Inc., the book presents a touching view of search dogs in action through a fictional story about a lost boy.
8. **Boy and a Bear, The Children's Relaxation Book** by Lori Lite. Introduces 3-to-9 year old children to a relaxation technique called circular breathing, an effective technique for helping children decrease anxiety levels and manage stress associated with traumatic incidents.

Juniors

1. **Blizzard: The Storm that Changed America** by Jim Murphy. Ages 9 - 12. Historical account of the blizzard of 1888 that hit the East Coast and how people survived.
2. **Forest Fires: Natural Disasters** by Luke Thompson. Ages 9 - 12. Fact-filled book that explains how and why forest fires occur.
3. **Floods (Restless Planet)** by Emma Durham and Mark Maslin. Ages 9 -12.
4. **I Know What to Do: A Kid's Guide to Natural Disasters** by Bonnie S. Mark, Aviva Layton and Michael Chesworth. Ages 9 - 12.
5. **Rescue (Dorling Kindersley Eyewitness Books)** by Claire Watts. Ages 9 - 12. A reference book that teaches children about emergency rescues. Includes information on how to survive until help arrives.

Cadettes

1. **Storm** by Marc Harshman. Though confined to a wheelchair, Jonathan faces the terror of a tornado all by himself and saves the lives of the horses on the family farm.
2. **Earthquake Terror** by Peg Kehret. When an earthquake hits the isolated island in northern California where his family had been camping, twelve-year-old Jonathan Palmer must find a way to keep himself, his partially paralyzed younger sister, and their dog alive until help arrives.
3. **Escaping the Giant Wave** by Peg Kehret. When an earthquake creates a tsunami while thirteen-year-old Kyle is babysitting his sister during a family vacation at a Pacific Coast resort, he tries to save himself, his sister, and a boy who has bullied him for years.
4. **Terrorism (Crime, Justice and Punishment)** by Austin Sarat and Ann Graham Gaines. Young adult. Focuses on terrorism in the Middle East and shows how it has affected America. Examines history, mentality and goals of terrorists.

Seniors/Ambassadors

1. **The Day It Rained Forever: A Story of the Johnstown Flood** by Virginia T. Gross. A detailed description of the effects of the famous Johnstown Flood in Johnstown, Pennsylvania.
2. **No Way Out** by I. Ruckman. Hiking along a river in Utah, a nineteen-year-old and her friends battle a flash flood.

All Levels

1. **Emergency Animal Rescue Stories: True Stories about People Dedicated to Saving Animals from Disasters** by Terri Crisp. A dedicated Emergency Animal Rescue Services (EARS) team saves animals from well-known natural and man-made disasters.

APPENDIX D

Emergency Preparedness Quiz

Test your knowledge on various disasters and emergency preparedness items!

1. As long as a thunderstorm is five miles away or farther from you, you are pretty safe from lightning strikes. True or False (circle)
2. When an earthquake strikes, you should:
 - A. Run outside to avoid falling building debris
 - B. Take cover under a heavy piece of furniture
 - C. Lean against an inside wall or stand under an inside doorway
 - D. B and C
3. What is the minimum amount of water needed for one adult for two weeks?
 - A. 5 gallons
 - B. 10 gallons
 - C. 14 gallons
 - D. 21 gallons
4. Which areas of the United States are vulnerable to earthquakes?
 - A. The West Coast, particularly California
 - B. The Eastern Seaboard
 - C. The central United States
 - D. All 50 states
5. What's the most common disaster that occurs in the United States?
 - A. Fire
 - B. Flood
 - C. Earthquake
 - D. Tornado
6. What's the number one disaster related killer in the United States?
 - A. Fire
 - B. Flood
 - C. Earthquake
 - D. Tornado
7. If your car stalls while you're evacuating from a flood, you should:
 - A. Stay inside the car until assistance can arrive
 - B. Leave it
 - C. Call a towing service
 - D. Flag someone down to help you start it
8. Small games and a teddy bear can be very important to keep in your emergency kit. True or False (circle)
9. The most dangerous part of a hurricane is
 - A. The breaking waves
 - B. The gale-force winds
 - C. The flood-causing rains
 - D. The landslides
10. How often should you practice your emergency evacuation plan?
 - A. Once a year
 - B. Every six months
 - C. Every three months
 - D. Only during an emergency

Emergency Education Quiz Answers

1. (False) If you hear thunder you could be in danger. Just because the storm is not right on top of you, does not mean that you are safe. Lightning can strike as much as 10 miles away from the rainy area. Be sure to take cover in a building or car, if possible.
2. (D) Take cover under something heavy, like a sturdy desk or chair, or use an inside wall or doorway. Make sure to keep away from where glass could shatter, like mirrors or windows.
3. (C) 14 gallons is the minimum amount of water you should store for an adult. This amount allows one adult one gallon of water to use per day for 14 days. It is estimated that the average person uses 65 gallons of water a day, for drinking, cooking, bathing, and sanitation purposes. A supply of water, and other necessary items, should be included in kits that are prepared in advance to be taken with you if you need to evacuate during an emergency.
4. (D) Even though earthquakes occur most frequently west of the Rocky Mountains, all 50 states and U.S. territories are at risk for an earthquake. Forty-one of those states and territories are at moderate to high risk for earthquakes to strike.
5. (A) More homes will be threatened by fire than by any other disaster. This is one of the reasons why a fire escape plan is crucial for every home. Floods are the second most common disaster.
6. (B) Floods, particularly flash floods, are the number one weather and disaster related killer in the United States. Flash floods cause an average death toll of about 150 people a year.
7. (B) Leave your car and move to higher ground. Many deaths have occurred when people try to move their stalled cars in a flood.
8. True. A few small games or a stuffed animal really provides comfort for small children and even adults.
10. (A) Even though much death and destruction is caused by wind, rain, and landslides, it is the breaking waves, known as the storm surge that causes the most damage. During a hurricane, this wall of water slams into the coastline, causing flash floods and structural damage to buildings.
11. (C) Your emergency evacuation plan should be practiced at least four times a year so your family is familiar with the evacuation plan.

Questions taken from <http://beprepared.com/>