



Preparedness Week

What it is The Red Cross is a leader in National Preparedness Month, which occurs every September. Preparedness Week is a five-day campaign that aims to motivate students to take action in preparing themselves and their peers in case of a disaster. This week-long activity is built around a competition encouraging your classmates to complete an American Red Cross Emergency Contact Card and answer preparedness questions correctly. You can also utilize this opportunity to establish contact with your peers and advertise the Red Cross Preparedness Mobile Apps. While this event is meant to focus our efforts and complement the other activities of National Preparedness Month, it can be held any time of the year.

How it helps Being prepared makes all the difference during a disaster and developing a personal communication plan is an easy start. By participating in this event, you are playing a vital role in Red Cross efforts to educate and prepare. We can't do it without you!

Get started Contact your local Red Cross chapter or Service to the Armed Forces station for guidance and assistance. Since competition is a main portion of the week's festivities, you will want to complete three steps that will help you set ground rules for your competition:

- 1 Decide who will be involved in the competition. Will it be between homeroom classes, grades or other student groups?
- 2 Determine how to measure participation. You should come up with a way to track who has completed the cards and answered questions correctly. One suggestion is to set up a table for students to visit during lunch and morning hours. There, they can fill out their Emergency Contact Card and turn in answers to the questions. Have a point system in place. For example, each question that a student answers correctly could be worth one point, while each completed card could be worth two.
- 3 Secure a prize. Decide what the winning group will be offered as an incentive for their participation.

What next? With your local Red Cross chapter or station on board, you can begin your awesome Preparedness Week! Please keep in mind that the schedule on the back is a suggestion—feel free to mix it up as you please.

**Want more information?
Email us!**

youthinvolvement@redcross.org

DID YOU KNOW?

Only 32% of Americans have an out-of-town emergency contact person.

Two weeks prior Get permission from your school's administration to have preparedness tips read during the morning announcements. Each tip should be paired with a related question of your choosing. Here are five that you can use:

- 1 Smart phones are great, but hedge your bet: carry a paper card as well.
Fill out your Emergency Contact Card today.
- 2 Love free Apps and bonus points?
Download the Red Cross Preparedness Apps on your cell phone and earn badges to help your homeroom class win the prize! Each badge you earn helps keep you safe and gets you an extra point.
- 3 Do you and your family know what to do in case of an emergency?
Plan ahead. Tonight, spend some time creating a household-communication plan.
- 4 If you were to get separated from your family during a disaster, would you know how to find each other?
Talk to them tonight and pick an out-of-town emergency contact who can be your relay.
- 5 You may be text savvy, but is everyone in your family?
After a disaster, text messages may go through even when phone calls do not. Today, teach a family member how to send a text message.

The questions that you choose should highlight some of the safety features of your school, such as fire extinguishers, alarms or emergency exits. For example, you may ask students how many fire alarms are in the building and attach the answers to the alarms throughout the school. Challenge students to find the answer, write it down, and deliver it to your table during a designated time. This helps students to become more aware of emergency features around their school while participating in a fun activity.

Early week Place flyers on the walls of your school's common areas and distribute them during your lunch hour. In addition to the morning preparedness tips, electrify your campus from the start by holding a Disaster Speaks event. This will motivate your peers to actively participate in your activity. Have no fear; there's a guide for that, too! You should also distribute the Emergency Contact Cards and draw students in with a little friendly competition.

Mid-Week Continue to distribute flyers. If your school has major outdoor walkways, generously chalk them with Preparedness Week reminders. You can include tips, website links or information about your club. Consider making a video of classmates discussing different ways they have increased their preparedness, and talk with your school's administration about making the video available to students.

End of Week Table around your school to remind everyone about the Emergency Contact Cards. Students will be on the edge of their seats waiting to hear who won the challenge, so tally the totals and deliver the news to the lucky group.

And that's a wrap! Although the workload is minimal, Preparedness Week can have a huge impact on your peers. After seeing the success of this event, you'll want to check out the numerous other activity guides available to help you keep the momentum going.

Before beginning, get in touch with your local Red Cross chapter or station for assistance. You can find contact information at **redcross.org**.

SHAKE IT UP!

- » Get your local Red Cross chapter or emergency responders to talk to your school about preparedness.
- » Take the next step and encourage students to create a household-disaster plan with their families.

SHOW AND TELL

- » Download the Red Cross preparedness apps and share them with your friends and family! Go to **redcross.org/prepare/mobile-apps**.
- » Share your pictures and videos of your Preparedness Week by sending them to **youthinvolvement@redcross.org**.
- » Do you know about Schooltube? Share a video of your Preparedness Week at **schooltube.com!**

RESOURCES

- » Preparedness Week flyer
- » National Preparedness Month flyer
- » American Red Cross Emergency Contact Card