

Family Emergency Plan

Objectives:

- Increase one's awareness and preparedness in case of emergency
- Increase awareness and preparedness of others in case of emergency

STEP BY STEP

BEFORE STARTING

The teacher writes the word "preparedness" on the blackboard. He explains that preparedness is essential to deal with emergencies. But when does one prepare? And why?

We prepare before an emergency, with the clarity and calm that we cannot always maintain in times of crisis. For this reason, knowing beforehand the correct behaviors and the information that will help us is crucial. When an earthquake comes, for example, it is unthinkable to search at home for all the necessary things to take with you. On the contrary, if these are already carefully stowed in a backpack/bag, we will have them with us instantly. Preparation allows us to limit the effects as much as possible. We cannot know the intensity of a disaster event, and sometimes not even predict the event itself. But knowing what to do in the event of a disaster ensures that we are better protected.

THE FOUR C-Ws OF THE FAMILY EMERGENCY PLAN

The teacher introduces the family emergency plan to the class by asking some questions to stimulate the class: WHAT is it? who should COMPILE it? who should KNOW it? what should it CONTAIN? To facilitate discussion, the teacher can use the guiding answers provided below:

What it is? The family emergency plan is a sheet where important information to consider and directions to follow in case of an emergency are listed.

Who should fill it out? Family members fill out the plan.

Who needs to know it? Each family member must know it and have a copy.

What must the family emergency plan contain? The plan contains very important information that both family members and outsiders need. In fact, in the event of an emergency, being ready and prepared is crucial in order to best cope with an adverse event.

Before handing the sheet to the students, the teacher asks:

What do you think should be written in a family emergency plan? What information do you think would be useful and what items would you put in your backpack?

LET'S PREPARE THE PLAN AT HOME

At this point the teacher hands out a copy of the attachment "Family emergency plan" (below) to each

pupil and read the the information together. Finally, boys and girls are asked to fill out the emergency plans with their families and keep it at home in the emergency backpack.

Back in the crates, you share the way of gathering information with the class by following stimulus questions that follow the 4 Cs principle:

- *Did your family know about this emergency plan?*
- *How many of you completed it?*
- *Did you reread the completed plan together and make a copy for each family member?*
- *Did you have difficulty completing any of the items contained in the plan?*

CONCLUDING THOUGHTS

Did your family understand, in your opinion, the importance of this activity? If not, how can you imagine continuing to talk about safety and increasing their preparedness on the subject?

ATTACHMENTS



Family emergency plan

PDF