

DISASTER EDUCATION: & COPING RESOURCES COMMUNITY SAFETY

GAIN

KNOWLEDGE

BE PREPARED

AFTERMATH/
COPING

COPING



COMMUNITY SAFETY

ELEMENTARY LEVEL

GAIN KNOWLEDGE:

HOW TO IDENTIFY AND PREVENT COMMUNITY VIOLENCE



DISASTER EDUCATION: COMMUNITY SAFETY

← GAIN KNOWLEDGE

WHAT ARE UNSAFE SITUATIONS IN MY COMMUNITY?

PHYSICAL ATTACKS AND FIGHTS
HURTING SOMEONE BY HITTING, PUSHING, KICKING, OR FIGHTING.

GUN VIOLENCE OR HEARING GUNSHOTS
UNSAFE SITUATIONS INVOLVING GUNS OR HEARING GUNSHOTS NEARBY.

THEFT OR ROBBERY
STEALING OR TAKING THINGS FROM PEOPLE, HOMES, STORES, OR PLACES IN THE COMMUNITY.

HARASSMENT OR DISCRIMINATION
REPEATEDLY BEING MEAN, UNFAIR, OR TARGETING SOMEONE BECAUSE OF WHO THEY ARE.

THREATS AND INTIMIDATION
MEAN OR THREATENING WORDS THAT CAN HURT OTHERS' FEELINGS OR MAKE THEM FEEL UNSAFE.

PROPERTY DAMAGE
DAMAGING OR BREAKING THINGS OR PLACES, WHICH CAN MAKE OTHERS FEEL UNSAFE.

THINK BEFORE YOU ACT!

My choices can help keep our community safe and peaceful.

Pause. Take a breath. Think about what I can do.

TOGETHER WE BUILD STRONGER COMMUNITIES

BE KIND BE RESPECTFUL BE THE CHANGE

THINK:

- T** Is it True? What's really happening?
- H** Is it Helpful? Will my choice help me and others?
- I** Is it Important? Does this choice keep me and others safe?
- N** Is it Necessary? Do I really need to do or say it?
- K** Is it Kind? Will my choice show kindness and respect?

Good choices today make a better tomorrow!

Let's work together to prevent violence and build a...

DISASTER EDUCATION: COMMUNITY SAFETY

← GAIN KNOWLEDGE

RECOGNIZING WARNING SIGNS

- THREATS ABOUT HURTING OTHERS IN PERSON OR ONLINE.
- FIGHTS OR VIOLENT OUTBURSTS IN THE AREA.
- UNSAFE BEHAVIOR THAT MAKES OTHERS FEEL SCARED OR THREATENED.
- FREQUENT POLICE ACTIVITY IN THE AREA, PLACES KNOWN FOR VIOLENCE/CRIME.
- SOMEONE ISOLATING THEMSELVES, SHOWING ANGER AND/OR HOPELESSNESS.
- SUDDEN INCREASES IN ANGER, FEAR, OR AGGRESSIVE BEHAVIOR.
- RUNDOWN/DAMAGED HOMES, BUSINESSES, OR PUBLIC SPACES.
- DRUG AND/OR ALCOHOL USE.
- LARGE CROWDS THAT ARE BECOMING AGGRESSIVE.

EIGHT

ACTIVITIES

DISASTER EDUCATION: COMMUNITY SAFETY

← AFTERMATH / COPING

AFTER THE UNSAFE EVENT: BUILDING HOPE

ONE THING I'M LOOKING FORWARD TO IS...

Type here.

I WAS BRAVE WHEN I ...

Type here.

A HELPER I CAN COUNT ON IS...

Type here.

YOU ARE NOT ALONE

DISASTER EDUCATION: COMMUNITY SAFETY

STRESS ASSESSMENT

	NONE OF THE TIME	SOME OF THE TIME	MOST OF THE TIME
1. DO YOU GET SCARED, AFRAID OR UPSET WHEN YOU THINK ABOUT THE UNSAFE EVENT?			
2. DO YOU GO OVER IN YOUR MIND WHAT HAPPENED, SEEING PICTURES OR SOUNDS IN YOUR MIND ABOUT WHAT HAPPENED?			
3. DO THOUGHTS ABOUT IT COME BACK TO YOU EVEN WHEN YOU DON'T WANT THEM TO?			
4. DO YOU HAVE DREAMS ABOUT THE UNSAFE EVENT OR HAVE TROUBLE SLEEPING?			

POWERPOINT & DIGITAL VERSION

STRESS ASSESSMENT

BE PREPARED: PREVENTION & LOCKDOWN DRILL SAFETY



DISASTER EDUCATION: COMMUNITY SAFETY

BE PREPARED

WHAT TO DO (SAFETY ACTIONS)

BEFORE AN UNSAFE EVENT

- KNOW TRUSTED ADULTS AND WHERE TO GO
- LEARN EMERGENCY NUMBERS AND PLANS
- WATCH FOR WARNING SIGNS/UNSAFE BEHAVIOR
- PRACTICE CALMING TECHNIQUES

DURING AN UNSAFE EVENT

- STAY CALM. DON'T GO TOWARD THE PROBLEM
- GET TO A SAFE PLACE RIGHT AWAY
- ALERT THE POLICE AND A SAFE ADULT
- CALL 911 AND GET HELP FROM AN ADULT

AFTER AN UNSAFE EVENT

- TALK TO A TRUSTED ADULT
- SPEND TIME WITH SAFE, SUPPORTIVE PEOPLE
- USE COPING SKILLS
- HELP BUILD SAFETY AND SUPPORT IN YOUR AREA

KEEPING OUR COMMUNITY SAFE

We all play a part in keeping our community safe and caring.

- GET TO KNOW YOUR NEIGHBORS**
 - Say hello and be friendly.
 - Look out for each other.
 - Build strong, trusting relationships.
- BE AWARE AND REPORT CONCERNS**
 - If you see something unsafe, say something.
 - Report to a trusted adult or call local authorities.
 - You can help prevent problems.
- RESPECT OTHERS AND OUR COMMUNITY**
 - Treat everyone with kindness and respect.
 - Respect property and public spaces.
 - Celebrate our differences and work together.
- STAY SAFE IN PUBLIC PLACES**
 - Be aware of your surroundings.
 - Stick with a friend or group when possible.
 - Use well-lit, busy areas and safe routes.
- WORK TOGETHER TO SOLVE PROBLEMS**
 - Use calm words, not anger.
 - Listen to others.
 - Find peaceful solutions to conflicts.
- SUPPORT LOCAL BUSINESSES AND EVENTS**
 - Shop local and support our businesses.
 - Attend community events.
 - Get involved and make our community stronger.
- KEEP OUR COMMUNITY CLEAN AND SAFE**
 - Don't litter.
- LOOK OUT FOR VULNERABLE PEOPLE**

SOFT LOCKDOWN SAFETY

A soft lockdown helps keep everyone safe. We continue learning while staying in our classrooms.

WE LOOK OUT FOR EACH OTHER

- BE AWARE**
 - Be aware. Stay calm. We are safe.
- MOVEMENT BETWEEN BUILDINGS OR IN HALLWAYS IS RESTRICTED**
- CLASSES CONTINUE**
 - NO ONE ENTERS OR LEAVES SCHOOL

DISASTER EDUCATION: COMMUNITY SAFETY

BE PREPARED

WHAT TO DO (SAFETY ACTIONS): ACTIVITY

READ THE SCENARIOS, WRITE UNDER THE IMAGE IF THE SCHOOL SAFETY FACT IS TRUE OR FALSE

- True**: BEFORE AN UNSAFE EVENT, YOU SHOULD ALREADY KNOW A SAFE PLACE TO GO. TRUE OR FALSE?
- False**: THERE IS NO NEED TO LEARN EMERGENCY NUMBERS AND PLANS. TRUE OR FALSE?
- False**: DURING AN UNSAFE EVENT, YOU SHOULD GO TOWARDS THE PROBLEM. TRUE OR FALSE?

DISASTER EDUCATION: COMMUNITY SAFETY

BE PREPARED

PREPARATION: SOFT LOCKDOWN DRILL? ACTIVITY

WHAT SHOULD YOU DO IN A SOFT LOCKDOWN DRILL? CIRCLE THE CORRECT ANSWERS AND CROSS OUT THE WRONG ONES.

- LOCK THE DOOR
- PANIC
- WAIT FOR DIRECTIONS
- IGNORE YOUR TEACHER'S INSTRUCTIONS
- NO MOVEMENT BETWEEN BUILDINGS OR IN HALLWAYS
- GOOF OFF WITH YOUR FRIENDS WHILE YOU WAIT
- NO ONE ENTERS OR LEAVES SCHOOL. CLASSES RESUME.
- NO ONE ENTERS OR LEAVES SCHOOL.
- RUN OUT OF THE ROOM

COPING TIPS FOR PARENTS

EXPERIENCING AN UNSAFE SITUATION IN THE COMMUNITY CAN BE FRIGHTENING FOR CHILDREN AND FAMILIES. HERE ARE SOME SIMPLE WAYS TO SUPPORT YOUR CHILD AS THEY COPE WITH THE AFTERMATH.

SUPPORTING YOUR CHILD EMOTIONALLY

- LISTEN AND REASSURE - ALLOW YOUR CHILD TO SHARE FEELINGS AND REMIND THEM THEY ARE SAFE.
- MAINTAIN ROUTINES - KEEP MEAL, BEDTIME, AND SCHOOL SCHEDULES CONSISTENT.
- ENCOURAGE EXPRESSION - LET CHILDREN DRAPE, PLAY, OR TELL STORIES TO PROCESS FEELINGS.

COPING STRATEGIES TO PRACTICE TOGETHER

- BREATHING - TRY SMELL THE FLOWER, BLOW OUT THE CANDLE TOGETHER.
- GROUNDING - NOTICE 5 THINGS TO SEE, 4 TO TOUCH, 3 TO HEAR, 2 TO SMELL, 1 TO TASTE.
- POSITIVE AFFIRMATIONS - REPEAT CALMING WORDS LIKE "I AM SAFE" AND "I AM STRONG."

WHEN TO SEEK EXTRA SUPPORT

- FREQUENT NIGHTMARES OR TROUBLE SLEEPING.
- ONGOING FEAR, CLINGINESS, OR WITHDRAWAL.
- FREQUENT HEADACHES, STOMACHACHES, OR APPETITE PROBLEMS.

INCLUDES COPING TIPS FOR PARENTS

AFTERMATH/COPING: PROCESSING, FEELINGS/COPING SKILLS, LOOK FOR THE HELPERS



UNSAFE FEELINGS

DURING AN UNSAFE SITUATION IN THE COMMUNITY, OUR FEELINGS CAN FEEL BIG AND ALL OVER THE PLACE. THEY MIGHT START OUT STRONG—SCARY, CONFUSING, OR OVERWHELMING. BUT WHEN WE USE CALMING STRATEGIES, THOSE FEELINGS CAN SLOWLY SETTLE DOWN AND BECOME SMALLER AND EASIER TO HANDLE.

COPING SKILLS

 DEEP BREATHING	 USE SAFE TALK <i>I'm safe with my teacher</i>	 HOLD A COMFORT ITEM
 USE GROUNDING	 MOVE YOUR BODY	 TALK TO A HELPER
 SMILE	 WRITE	 DRAW

BREATHING EXERCISES

- 1. HEART & HEAL BREATHING**
A gentle breath to bring comfort and safety.
 - BREATHE IN SLOWLY through your nose for 4 counts.
 - HOLD for 4 counts. Feel kindness in your heart.
 - BREATHE OUT SLOWLY through your mouth for 6 counts.
 - REPEAT 4 times. I am healing. I am not alone.
- 2. RELEASE & RENEW BREATHING**
A breath to release stress and tension.
 - BREATHE IN for 4 counts. Imagine peace coming in.
 - HOLD for 4 counts. Let it fill your body.
 - BREATHE OUT for 6 counts. Let go of fear and worry.
 - REPEAT 4 times. I am letting go. I am growing stronger.
- 3. TOGETHER WE HEAL BREATHING**
A breath to feel supported and connected.
 - BREATHE IN for 4 counts. Think of people who care about you.
 - HOLD for 4 counts. Feel their support around you.
 - BREATHE OUT for 6 counts. Share kindness and care.
 - REPEAT 4 times. We are stronger together.
- 4. HOPE & MOVE FORWARD BREATHING**
A breath to build hope and keep moving forward.
 - BREATHE IN for 4 counts. Imagine a brighter future.
 - BREATHE OUT for 6 counts. Let go of what is behind you.
 - REPEAT 4 times. I am moving forward.

RIDE THE SAFE COMMUNITY SPIRAL

Follow the spiral with your finger. Breathe in slowly as you trace the spiral inward. Breathe out slowly as you trace the spiral outward.

SAFE KIND RESPECTFUL TOGETHER

WE LOOK OUT FOR EACH OTHER

MY COMMUNITY. MY PEOPLE. MY SAFE PLACE.

TOGETHER, WE BUILD A STRONGER, SAFER COMMUNITY FOR EVERYONE.

GRATITUDE

I am grateful for...

- My community because...
- The people who support me because...
- Things I learned about my strength because...
- Things that gave me hope because...
- My friends and neighbors because...
- My future because...

I AM SAFE. I AM NOT ALONE. I AM HEALING. I AM HOPEFUL. WE ARE STRONGER TOGETHER.

HOPE SUPPORT KINDNESS HEALING

THANK YOU, HELPERS!

Thank you for helping our community during a difficult time. Your care, courage, and kindness make a difference.

Thank you for _____

You helped our community by _____

You made a difference because _____

Draw a picture of the people who helped our community during this difficult time.