

DISASTER EDUCATION: & COPING RESOURCES COMMUNITY SAFETY

GAIN

KNOWLEDGE

BE PREPARED

AFTERMATH/
COPING

COPING



COMMUNITY SAFETY

MIDDLE SCHOOL 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.

THINK:

- T** Is it True? What is 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.**
Any threats, whether written or spoken, should be taken seriously.
- FIGHTS OR VIOLENT OUTBURSTS IN THE AREA.**
Physical fights or violent behavior can quickly escalate and put everyone at risk.
- UNSAFE BEHAVIOR THAT MAKES OTHERS FEEL SCARED OR THREATENED.**
This includes stalking, following, or making others uncomfortable.
- FREQUENT POLICE ACTIVITY IN THE AREA, PLACES KNOWN FOR VIOLENCE/CRIME.**
High levels of police presence can be a sign of ongoing problems.
- SOMEONE ISOLATING THEMSELVES, SHOWING ANGER AND/OR HOPELESSNESS.**
Withdrawing from friends, family, and activities can be a warning sign.
- SUDDEN INCREASES IN ANGER, FEAR, OR AGGRESSIVE BEHAVIOR.**
Extreme mood changes or outbursts may signal a serious problem.
- RUNDOWN/DAMAGED HOMES, BUSINESSES, OR PUBLIC SPACES.**
Poorly maintained areas can lead to increased safety risks.
- DRUG AND/OR ALCOHOL USE.**
Substance use can lead to dangerous situations and poor decisions.
- LARGE CROWDS THAT ARE BECOMING AGGRESSIVE.**
Crowds can quickly become unpredictable and unsafe.

EIGHT

ACTIVITIES

DISASTER EDUCATION: COMMUNITY SAFETY

← AFTERMATH / COPING

AFTER THE UNSAFE EVENT: MY STRENGTHS

SOMETHING I CAN DO TO HELP MYSELF IS...
What helps you feel better, stay calm, or take care of your mind and body?
Type here.

SOMETHING I CAN DO TO HELP OTHERS IS...
How can you support the people around you or make a positive impact?
Type here.

STRENGTHS I CAN USE EVERY DAY

- TALK ABOUT HOW I FEEL**
Sharing helps me process and feel less alone.
- BE KIND TO MYSELF**
I treat myself with the same care and respect I observe.
- FOCUS ON THINGS I ENJOY**
Doing things I love helps me recharge and stay grounded.
- TAKE DEEP BREATHS**
Deep breaths help me calm down and relax.
- REACH OUT FOR SUPPORT**
I can talk to people I trust and ask.
- FOCUS ON WHAT I CAN CONTROL**
I can't control

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 & SOFT LOCKDOWN DRILL



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 hi 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 community.
 - Attend community events.
 - Get involved and help our community grow.
- KEEP OUR COMMUNITY CLEAN AND SAFE**
- LOOK OUT FOR**

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

PREPARATION: ACTIVITY

READ THE SCENARIOS AND CIRCLE IF THE SCHOOL SAFETY FACT IS TRUE OR FALSE

BEFORE AN UNSAFE EVENT, YOU SHOULD ALREADY KNOW A SAFE PLACE TO GO. TRUE OR FALSE?

THERE IS NO NEED TO LEARN EMERGENCY NUMBERS AND PLANS. TRUE OR FALSE?

YOU SHOULD ALERT ADULTS TO POSSIBLE WARNING SIGNS OF UNSAFE EVENTS. TRUE OR FALSE?

THERE IS NO NEED TO PRACTICE CALMING TECHNIQUES. TRUE OR FALSE?

DURING AN UNSAFE EVENT, YOU SHOULD GO TOWARDS THE PROBLEM. TRUE OR FALSE?

DURING AN UNSAFE EVENT, YOU SHOULD GET TO A SAFE PLACE RIGHT AWAY. TRUE OR FALSE?

DURING AN UNSAFE EVENT, YOU SHOULD ALERT POLICE. TRUE OR FALSE?

FIGHT AT A COMMUNITY EVENT

PUT STUDENTS INTO SMALL GROUPS (3-5) AND GIVE EACH GROUP A ROLE-PLAY (CUT THEM OUT BELOW). HAVE THEM PLAN IT AND THEN PERFORM IT IN FRONT OF THE CLASS.

SETUP: STUDENTS ARE ATTENDING A NEIGHBORHOOD FESTIVAL WHEN A FIGHT SUDDENLY BREAKS OUT NEARBY, AND PEOPLE BEGIN YELLING AND CROWDING AROUND.

ROLES: STUDENT WHO FREEZES IN PANIC, FRIEND ENCOURAGING EVERYONE TO MOVE AWAY, STUDENT TRYING TO RECORD THE FIGHT, EVENT WORKER/SECURITY.

ACTIONS: MOVE AWAY FROM THE CROWD CALMLY, AVOID FILMING, OR JOINING THE CONFLICT, HELP FRIENDS STAY TOGETHER, LISTEN TO DIRECTIONS FROM ADULTS.

SOFT LOCKDOWN SITUATION

WHEN A COMMUNITY CENTER AFTER SCHOOL ANNOUNCEMENT THAT EVERYONE MUST STAY INSIDE DURING AN UNSAFE SITUATION NEARBY, COMMUNITY CENTER STAFF IMMEDIATELY STAY CALM AND REPEATING. SEND A CALM MESSAGE TO FRIENDS TO FEEL SAFE AFTER THE SITUATION ENDS.

ROLES: STUDENT WHO FREEZES IN PANIC, FRIEND ENCOURAGING EVERYONE TO MOVE AWAY, STUDENT TRYING TO RECORD THE FIGHT, EVENT WORKER/SECURITY.

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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 DRAW, PLAY, OR TELL STORIES TO PROCESS FEELINGS.
- COPING STRATEGIES TO PRACTICE TOGETHER**
 - DEEP BREATHING - TRY SMELL THE FLOWER, BLOW OUT THE CANDLE TOGETHER.
 - GROUNDING - NOISE 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 CHANGES.

INCLUDES COPING TIPS FOR PARENTS

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



UNSAFE FEELINGS

DURING AN UNSAFE SITUATION IN YOUR 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.

Anxious
Panic
Anger
Fear

FEELINGS COPING SKILLS

 DEEP BREATHING	 USE SAFE TALK	 USE GROUNDING	 EXERCISING	 TALK TO A HELPER
 PRACTICE GRATITUDE	 DRAW / PAINT	 WRITE IN A JOURNAL	 USE VISUALIZATION	 LISTEN TO MUSIC
 STICK TO A ROUTINE	 READ A BOOK	 MAKE A PLAN	 BE IN NATURE	 CALL A FRIEND
 REFLECT	 MEDITATE	 I AM GREAT!	 USE VISUALIZATION	 TALK TO A HELPER

GROUNDING TECHNIQUE

Calming down after an unsafe event at school

- 5 things you see**
Look around. Notice 5 things you can see.
- 4 things you feel**
Notice 4 things you can feel: your feet, the ground, the air, your hands, or your clothes.
- 3 things you hear**
Listen carefully. Notice 3 things you can hear.
- 2 things you smell**
Notice 2 things you can smell or just take a slow breath.
- 1 slow breath**
Breathe in slowly through your nose. Breathe out slowly through your mouth. Do this 3 times.

You are safe. You are not alone.
It's normal to feel shaken, scared, or upset. Taking slow breaths can help your body and mind calm down. You are strong. You will get through this.

SAFE COMMUNITY SPIRAL

STRONGER TOGETHER

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.

COPING AFFIRMATIONS

POSITIVE REMINDERS TO HELP YOU THROUGH TOUGH TIMES.

- I AM SAFE RIGHT NOW.**
I am in this moment, and I am okay.
- I AM NOT ALONE.**
There are people who care about me and are here to help.
- MY FEELINGS ARE OKAY.**
It's okay to feel sad, scared, angry, or worried. My feelings are valid.
- I AM STRONG AND BRAVE.**
I have made it through hard things before, and I can get through this too.
- I CHOOSE HOPE.**
I believe that better days are ahead. Hope helps me heal.
- I TAKE CARE OF MYSELF.**
I can take deep breaths, talk to someone, and do things that help me feel better.
- I MATTER.**
I am important, I am loved, and I have a bright future.
- I CAN MAKE A DIFFERENCE.**
I can be kind, help others, and help make my community stronger.

THANK YOU, HELPERS!

TOGETHER WE HEAL. TOGETHER WE RISE.

Thank you for helping our community during a difficult time.

IT'S OK TO ASK FOR HELP

HELP EACH OTHER