

Activities: 6. What can I do to be better prepared – part 2?

30
mins

What can I do to be better prepared – part 2?

Purpose:

To support young people to understand the things they can practically do to be better prepared both themselves and in their family.

Time: 30 mins

Resources:

Flip chart, pens, copies of emergency plan from
<http://www.readyscotland.org/at-home/create-an-emergency-plan/>,
Family emergency plan (suitable for use with children)
<http://www.readyscotland.org/media/1375/family-action-plan.pdf>,
Emergency kit list or cards from
<http://www.readyscotland.org/at-home/emergency-kit-checklist/>

The best time to think about being prepared for an emergency is before any emergency has happened. Ask young people why they think this might be.

Being prepared at home

The Scottish Government advises that you should have an emergency plan and kit ready if an emergency strikes.

Explain what an emergency plan and kit is (without explaining the details of what goes in there).

As a group discuss and list on the flip chart (facilitator scribes)

- What information would you put into an emergency plan?
- What would you include in your emergency kit?

Now compare with the emergency plan template and kit list on the www.readyscotland.org

Ask young people:

- Did you miss anything?
- Did you identify anything that is not on the list?
- If so, why did you include it?