

# Safety All-Stars



**Personal safety and disaster  
preparedness for school children.**

**Author: Asfandeyar Niazi**

This book is dedicated to the brave  
children of Pakistan.

# A note to parents and teachers/trainers

I hope you enjoy reading and using this book with your children and pupils as much as I enjoyed making it. The characters have been designed using Pixton® whilst I have taken care to use clipart's and royalty free images.

I really want to thank the US Department for Homeland Security (FEMA), Citizencorp, Donald Springer from AVERT International and my teachers: Late Major (R) Tabassum Zaheer and Gary Foo (SAR Chief of ERT SAR) who have been an inspiration to me.

You are free to copy and distribute this book as many times as you like. With one condition, that this book is free and may not be sold or reproduced for re-sale purposes.

The way the book has been presented is modular in nature, parents and teachers are encouraged to guide their children to read, explore and create which in turn enriches their learning experience both in the classroom and outside.

Remember this book is not a panacea and only serves as a guide to get you thinking about preparedness and safety. There are many resources available online.

If you would like to learn more please drop me an email on [info@dpartment-sar.org](mailto:info@dpartment-sar.org) or a tweet @AsfandeyarDPART

Thank you.

Asfandeyar Niazi

*Hello friends.*

We are the Safety all-stars! Our mission is to teach people that safety starts with you, yes you! And we do this by teaching people how to be safe in emergencies, when you're using the computer, or having fun with your family and friends.

My name is Eesha, me and my friends Smart Sidra and Shani will help you learn the cool things that will make you safer and with enough practice you too can be a "safety all-star" like us.

Each topic in this book has an activity that you can complete alone or with friends. Remember, don't be tempted to skip pages, learn and remember the steps you need to know and what you need to do before, during and after an emergency. Once you know this, you will be able to complete the activity easily. That's not all, at the end there is a quiz, once you complete that you will become an honorary safety all-star, just like us.

By creating a disaster plan, an emergency grab bag, and working through this book, you will know what to do if an emergency ever occurs in your school or neighbourhood. You, your friends and family will be safe, safety through being ready for just about anything.

Once you have completed this book, there are ways for you to continue learning. Speak to your teacher or partner, have a look at the "Knowledge Point" section in the back of this book. Contact your local rescue and emergency service but most importantly of all, share these skills with your family and friends, we are sure they will think you are awesome.

***Let's get started***

Shani



Smart Sidra



Eesha the  
safety expert

Slips and Falls	Page 5
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## Information for Parents &amp; Teachers



Falls are the most common cause of accidental injury to children of all ages.

Most falls for children under the age of five that require admission to hospital are from stairs and steps, windows and balconies or involve a high bed or playground.

**Activity:**

Help your child to cut out the pictures on page 6. Use them to play the picture match game. While you are playing, discuss all of the pictures with your child/children.

Ask them what they think is not safe to play and why? Discuss what the need to climb and how they can do this safely.

## Reference pictures (x8)







## First Aid for Falls

- If the person (child or adult) has fallen awkwardly or from a height **DO NOT MOVE THEM** as they may have injured their head, neck or spine. Dial 1122\*
- If the person is unconscious, open Airway, check Breathing.
- If breathing, lie the person on their side (recovery position) and phone 1122.
- If not breathing, phone 1122 and perform hands only CPR (chest compressions) until an ambulance arrives.
- If the person is finding it difficult/painful to move part of their body, they may have broken a bone and should be taken to the nearest Accident & Emergency Department.
- If the person is dazed, groggy, vomiting, has vision or hearing difficulties, or you are worried about their condition seek medical advice.



**Remember:** If you are unsure on how to help, just dial 1122 or your local emergency number and get the professionals to help you.

**\* A list of emergency numbers for Pakistan are available at the end of this book.**



**Choking:**

Most choking incidents involve food. Younger children are particularly at risk when eating small solid food items like sweets, lollipops, ice cubes, peanuts or grapes.

Not sitting still to eat increases the risk of choking for young children.



**Accidental poisoning:**

The main causes of accidental poisoning are from mistaking medicines and chemicals for sweets and drinks and eating poisonous berries growing in the garden, parks etc.



**Activity:**



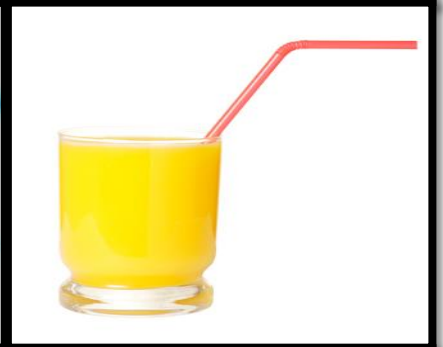
Use the pictures on pages 9 to discuss with your child what could be dangerous to eat or drink and why. Is there anything that they or a smaller child or baby could choke on?

**Discuss with your child:**

- Why we need to keep medicines and chemicals locked away and out of sight and reach.
- Why they need to check with adults before eating anything they may have picked outdoors.
- Why it is important to sit down when eating

**Reference pictures (x12)**



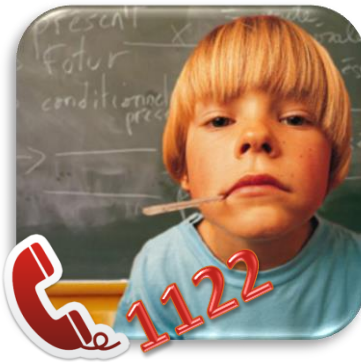




## First Aid for accidental poisoning & choking

### Accidental poisoning

- **DO NOT** try to make the person sick (vomit)
- If the person is drowsy, unconscious or not able to breathe properly dial 1122 or your local emergency number.
- If you are at all worried about what they have swallowed, seek medical advice.
- Take the container of what they have swallowed with you



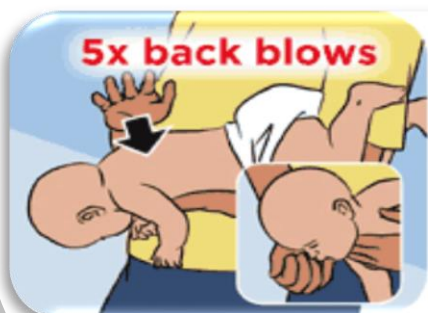
### Choking

- Never attempt to remove any blockage by putting your fingers in the person's mouth as this is likely to block their airway.
- If the person is able to cough encourage them to do so. If not, or they are not coughing normally, are unable to speak or breathe properly, do the following:

### Adult/children over 1 year old



### Baby ( under 1 year of age):



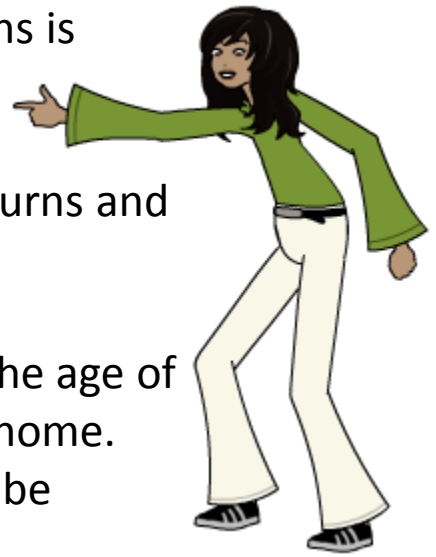
In all cases, if three cycles of back blows and chest thrusts do not move the object, the person "becomes blue", stops breathing or becomes unconscious, dial 1122.

## Information for Parents &amp; Teachers

A significant number of young children are injured in house fires every year. Of the children who die, smoke inhalation rather than physical burns is what kills the majority.

Large numbers of children are injured in burns and scalds accidents every year.

The majority of these children are under the age of five years and sustain their injuries in the home. Children in your child's age group need to be protected from hot liquids and objects.

***Did you know:***

All fires start small, but can quickly become large and out-of-control in a very short period of time.

It is reported that Fire incidents cause an estimated 16,500 deaths and injure 164,000 people annually across Pakistan.



### Activity:



Help your child to cut around the “hot” picture cards on page 13. Use them to play snap!

Discuss the dangers with your child – why they must not touch/play with the items and why.

Does your home have smoke alarms fitted? Do you know when and how to check that they are working? Has your family discussed an escape plan in the event of a house fire? The next few pages will cover this in more detail.

### Reference pictures (x6)





**How to play snap:** Snap is a matching game

**Players:** 2 +

**Goal:** to win all the cards.

**Setup**

Choose a dealer randomly. The dealer shuffles the cards and deals them as evenly as possible to all of the players. It's fine for some players to have one card more than other players.

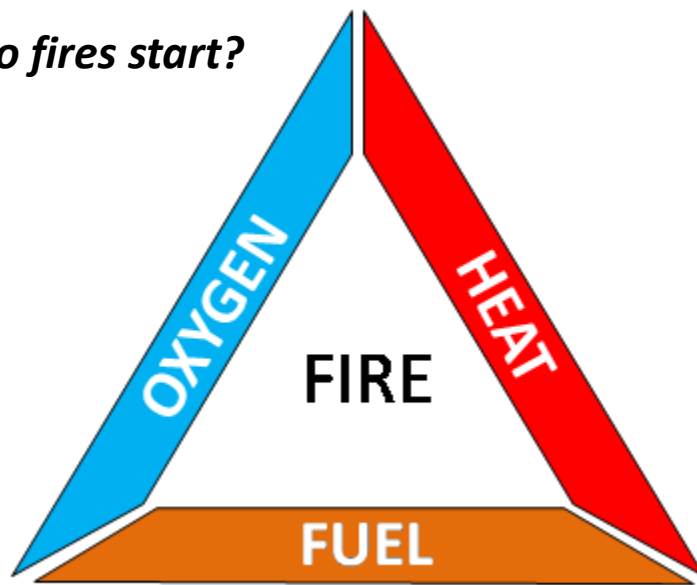
Each player places his cards, face down, in a pile in front of him.

**Gameplay**

The player to the left of the dealer goes first. Play then moves clockwise.

On his turn, each player turns over the top card from his face-down pile. When someone turns over a card that matches a card already face up on another player's pile, players race to be the first to call "Snap!".

## How do fires start?



**Oxygen**- Just like people, fire needs air (oxygen) to "breathe." Without oxygen a fire will stop burning.

**Heat** -Without sufficient heat, a fire cannot start, nor can it continue to burn. Examples of heat sources would be:

- oven or stove top
- heater
- lit match or lighter
- spark caused by faulty electrical wiring

**Fuel** -Fuel is what "feeds" a fire. Without fuel, and fire will stop. Some examples of fuel would be:

- wood
- paper
- gas
- paint
- coal

These three elements are commonly referred to as the "**Fire Triangle.**" If the right amounts of each are present, and a chemical reaction occurs, a fire can start.

If any one of these three elements are not present, a fire cannot start.

## REMEMBER THE 3 FEET KITCHEN RULE



All children should stay out of the “Kid Free Zone” when grown-ups are cooking.



### Activity:

Get your whole family involved for this one.

Using a measuring tape or ruler, measure and create a “Kid-Free” zone in the kitchen by measuring a 3 feet area around the stove.

Children should always stay outside the “kid-free” zone when grown-ups are cooking.



Fires spread quickly. If a fire breaks out in your home, there is no time. You have no time to pack the toys you love. You have no time to make phone calls.

Heat and smoke from fire can be more dangerous than the flames. Breathing the superhot air can hurt your lungs. If a fire starts, you need to get out of the home right away. Remember that firefighters will come to help you.



### Prevent Fires

- If you find matches or a lighter, leave them alone. Go get an adult. Show the adult where you found the matches or lighter. Let the adult put them away.
- If you see a candle burning when no one else is in the room, do not touch it. Find an adult to blow out the candle.
- Keep objects like paper towels and pot holders away from the stove.



### Be Safe

- Do you have a smoke alarm on every floor of your home? Is one near the rooms where you sleep?
- Do you have enough smoke alarms where you live? If not, talk to your family. Ask an grown-up to install more smoke alarms.
- Remind a grown-up to test your smoke alarms once a month.
- Testing smoke alarms will help you know they are working. You will also know what they sound like.
- Your birthday comes once a year. Help your family change the smoke alarm batteries at least once a year, too. Help clean smoke alarms once a month.
- Speak to a grown-up about getting fire blanket for the kitchen and a small portable fire extinguisher.



### Escape Safely

- Walk around in your home to all of the rooms. In each room, find at least TWO escape routes.
- Practice your fire escape plan at least two times every year.
- Practice meeting your family members at your outside meeting place.



### If a fire starts:

- Get out and stay out.
- Use your safest escape route – the one away from fire and smoke.
- If you see a closed door, stop. Do not open it. Feel the door with the back of your hand. If the door is hot, leave it closed. Use a different way out. If the door is not hot, you can open it.
- Crawl on your hands and knees. Crawl low under smoke. But keep your head up.
- Meet at your outside meeting place.
- Tell a family member to go to a friend's home and call 1122/Fire Brigade.
- Stay outside. It is only safe to go back inside after the firefighters say it is OK.

**GET OUT, STAY OUT AND CALL THE PROFESSIONALS OUT**

If a fire starts, you can get out fast when you know two ways out of every room in your home. If one way is blocked by smoke or fire, use your second way out.



**Activity:**



Draw a picture of three rooms in your home in the grids below. Make it show all the windows, doors and furniture. Then draw arrows that point to two safe ways out of each room.




**GET OUT, STAY OUT AND CALL THE PROFESSIONALS OUT**



Great Work, now it's time to think about a fire evacuation plan for your home. Make sure you get your family involved.

Me and Shani have prepared an example for you. Have fun, and stay safe.

If fire breaks out dial **1122**

Safe meeting spot is in front of Mr. Malik's House No.55.



Remember to practice your plan regularly with your family and once you're out of the burning building, **NEVER** go back in. That's a firefighter's job.



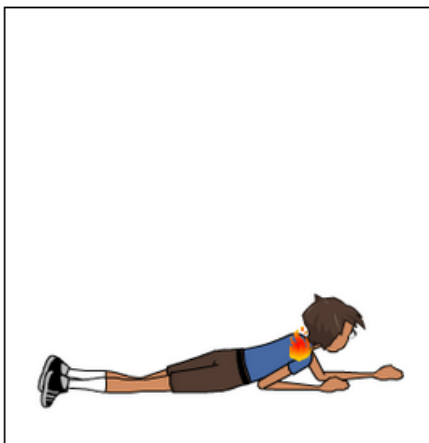
## First Aid for burns and scalds

- Cool affected area under cold running water **FOR AT LEAST TEN MINUTES.**
- If possible remove any jewellery or clothing from the affected area unless it is sticking to the skin.
- DO NOT APPLY** creams or ointments.
- Cover with cling film, a clean, clear plastic bag, or a clean, wet, non-fluffy cloth (tea towel, pillow case or handkerchief).
- If the burnt area is large, deep or affecting the hands, feet, face or genitals, it is important to seek medical advice.
- If you are unsure about what to do, seek medical advice.

## If your clothes are on fire



**STOP**



**DROP**



**ROLL**

If your clothes are on fire; **Stop, Drop, and Roll** until the fire is out. Shout for help, but don't run. Running makes fire burn faster.

Information for Parents & Teachers

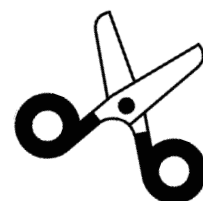


Many sharp objects can cause cuts that require medical attention.

Whilst some sharp objects still need to be stored out of your child's reach or locked away in garages/sheds, we can begin to teach children of this age how to use items such as round ended knives and scissors safely.

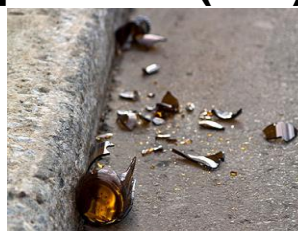
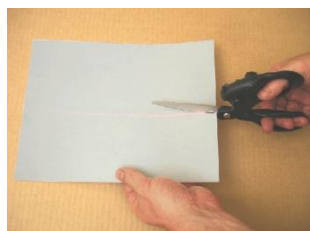


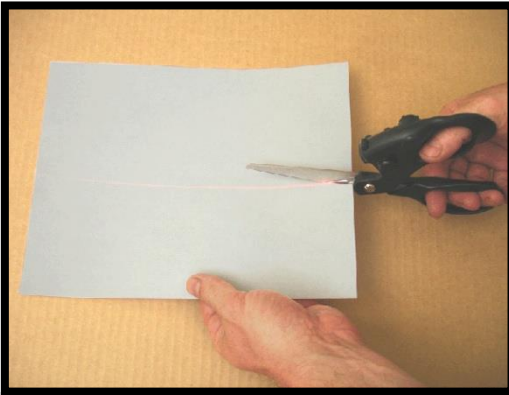
**Activity:**



Cut the photographs into dominoes with your child. Whilst playing talk about the pictures. What is safe/not safe to play with and why? Discuss with your child what is the safest thing to do if they see something sharp like a needle/syringe or broken glass.

**Reference pictures (x10)**







## First Aid for cuts

- **DO NOT REMOVE** anything sticking out of the wound (glass, sharp object). Put pressure around the wound, if possible raise the cut area (arm or leg) above the level of the heart. Both will slow down bleeding. Visit your local Accident and Emergency Department where the object can be removed safely and further treatment/advice given.
- If there is nothing sticking out of the wound, apply a clean dressing (bandage, clean tea towel, pillow case or handkerchief), apply pressure to the area and raise the cut above the level of the heart. Apply further dressings, without removing the first one, if blood comes through the original dressing. Visit your local Accident and Emergency Department if the cut is deep or won't stop bleeding.
- If the cut is minor (not serious) clean with tap water and cover with an adhesive plaster or dry bandage.
- If you are at all unsure what to do, seek medical advice.





## Drowning

The most common places where young children are at risk of drowning are in the home or garden.

Common safety guidance to prevent such accidents includes:

- Never leave a baby or child under the age of six in the bath without an adult to supervise them.
- Fill in garden ponds (to reduce their depth).
- Closely supervise children constantly when they are playing in or near water (paddling pools, the sea, ponds, canals, reservoirs etc).

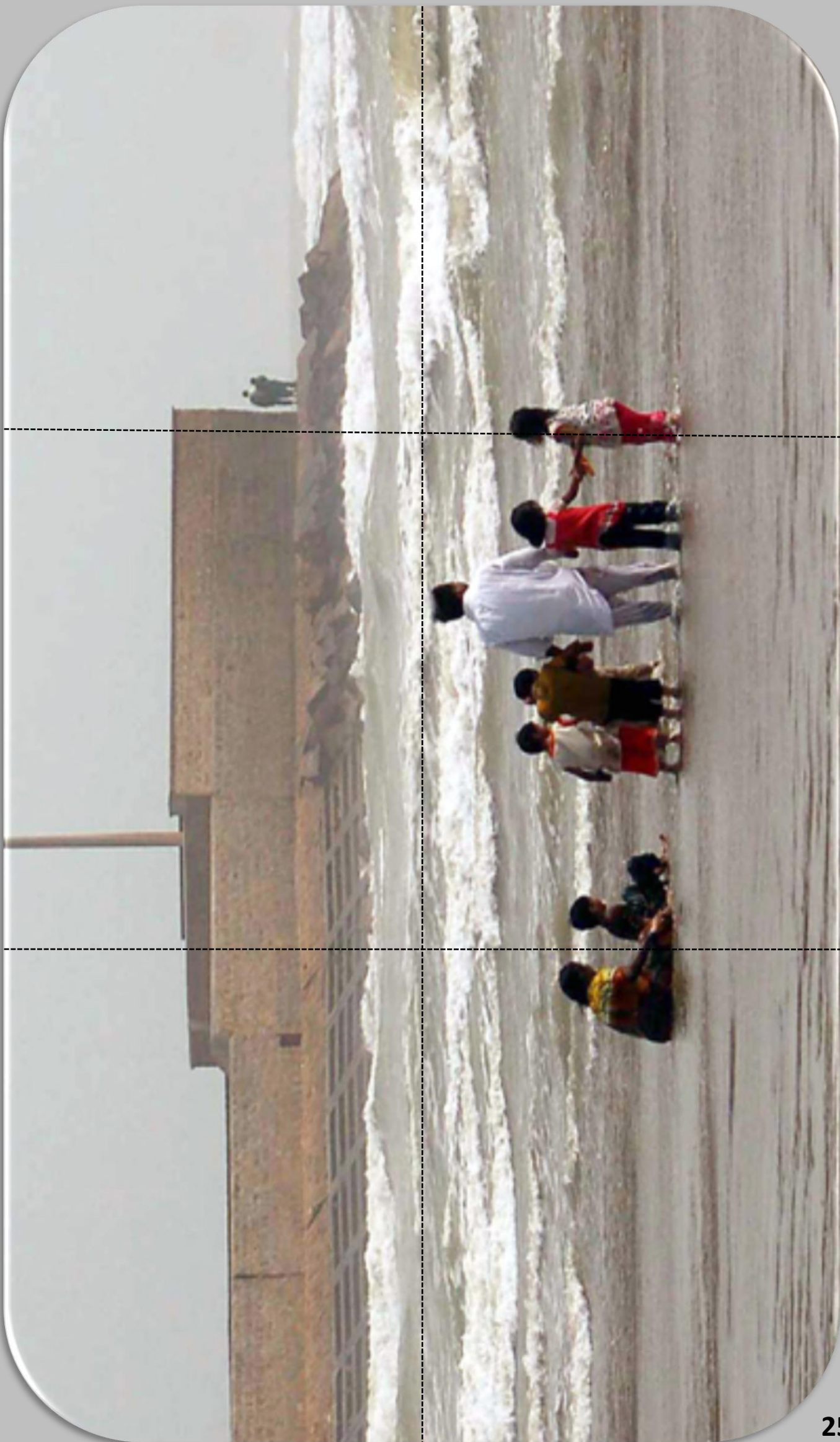


### Activity:



Help your child cut the picture on page 25 into six large pieces to make a jigsaw puzzle. Whilst helping them to put the pieces back together discuss the photograph:

1. Are the children safe playing in the water?
2. Is it safe to go near/play in the sea, river, pond or paddling pool without an adult?





## First Aid for drowning

- Dial 1122/ or in Karachi AMAN PALS: 0300 356 2000
  - If the person is breathing, put them into the recovery position (on their side).
  - If the person is not breathing, phone **1122** or in Karachi: **115** and start to perform CPR ( chest compressions and or rescue breaths) as required until an ambulance arrives. \*
- \* Visit our website to take a free e- course in first aid and CPR [www.dpart-sar.org](http://www.dpart-sar.org)

## Information for Parents &amp; Teachers



Extreme cold and heat can be dangerous for people, they can also have a negative impact on the economy, livestock and agriculture.

Pakistan is no exception to this, in the Winter Pakistan experiences freezing cold snaps measuring as low as  $-13^{\circ}\text{C}$  and in summer scorching hot temperatures as high as  $47^{\circ}\text{C}$ .

So it would make sense to consider what steps you can take with your children to keep safe during such extreme weather conditions.

The next two pages will guide you on what steps can be taken in a heatwave and during winter storm. Sit with your child/children and talk to them about the risks of high heat/cold and how they can keep themselves safe.



As parents it is strongly encouraged that you consider monitoring the weather for your local area, there are several good websites that provide a detailed daily and weekly forecast for Pakistan.

Another good idea is to consider researching historical incidents of extreme cold and heat in your area and this will help you identify a pattern which will be a fun activity for the whole family but will make you all a whole lot safer in the process.



Extremely hot weather takes a large toll on the human body. People most at risk for heatstroke are people who labour in the heat, the elderly, small children, and people with weight and medical problems.

Always listen to the radio and television for the latest information and instructions for your area.

**HEAT WAVE SAFETY TIPS:**

- Slow down. On a hot day, don't perform strenuous activities.
- Dress for summer. Wear lightweight, light-coloured clothing.
- Drink plenty of water. Your body needs water to keep cool.
- Spend more time in the shade or air-conditioned places. you don't have air-conditioning, then have plenty of fans.
- Don't get too much sun.
- Heatstroke, heat exhaustion and sunstroke are possible with prolonged exposure to the heat.
- If someone gets heatstroke or heat exhaustion seek medial attention immediately.



A major winter storm can last for several days and be accompanied with high winds, freezing rain, sleet, heavy snowfall and cold temperatures.

Winter storms are common in hilly areas and can make driving and walking extremely hazardous. Always listen to the radio and television for the latest information and instructions for your area.

#### **BEFORE A WINTER STORM:**

- Have a disaster plan.
- Tell your grown-ups to prepare a disaster grab bag for your home and car. Include a first aid kit, canned food and a can opener, bottled water, battery-operated radio, flashlight, protective clothing, and blankets.
- Be aware of changing weather.

#### **DURING A WINTER STORM:**

- Stay indoors and dress warmly.
- Eat regularly. Food provides the body with energy for producing its own heat.
- Drink water. Also, drink warm soup and juices.
- If you must go outside, wear layered clothing, mittens and a hat.
- Watch for signs of shivering, numb fingers or toes (if this start to happen, get inside).
- Keep dry. Change wet clothing to prevent the loss of body heat.
- If you're in a car that gets stuck, stay with it and wait for help unless help is visible within 100 yards. Use shopping bags or car mats to stay warm.

#### **AFTER A WINTER STORM:**




- Avoid going out until conditions have improved.
- Avoid overexertion.
- Ask an grown-up to check on neighbours to make sure their okay.



**Activity:**



Make a weekly weather graph, use this sheet provided to keep track of the weather for five days in graph form. On the last day share the information with your parents or teacher.

	Monday	Tuesday	Wednesday	Thursday	Friday
					
					
					



Talk to children about some of the hazards and obstacles they may face when trying to cross a road. The following pages have simple rules of road safety and at the end there is a route planning exercise.

Ask your child to draw a line leading from the school to the big park at the top of the map, allow the child to independently decide if s/he will use the Zebra crossing, at the end of the activity, provide the child with feedback and encouragement.

This is just one example, you can always make your own route plans using google® maps and help your child identify hazards they may come across where they live and go to school.



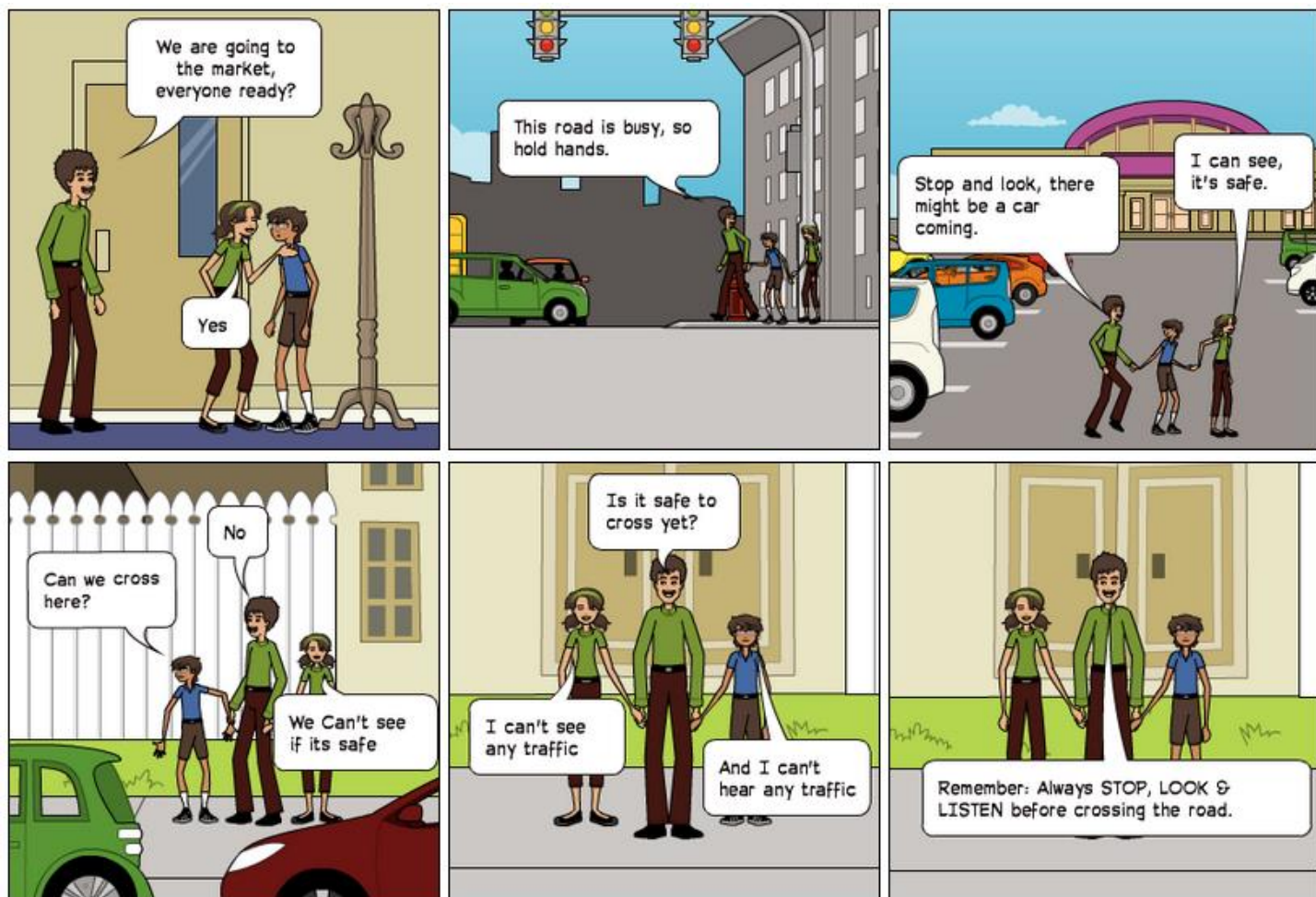
**Did you know:**

That out of the 74,383,794 calls received by Rescue 1122. **1,030,641** were road traffic accidents.





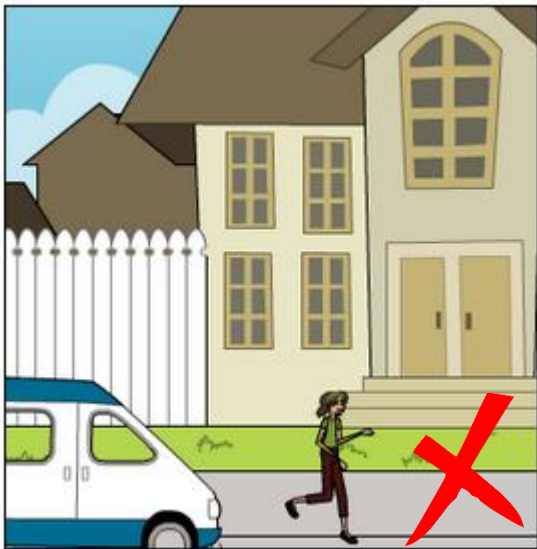
**Dear parents:** read this story with your child and talk about walking to the market. The questions below may give you some ideas.



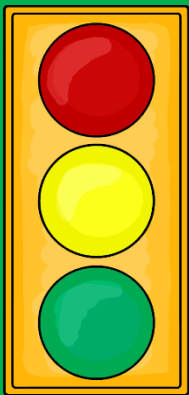
**Questions:**

- Where was Dad taking the children?
- What shops do you like to go to?
- Who goes with you?
- Why did they stop in the car park?
- Why is it difficult to cross between parked cars?
- Do you have to cross any roads to get to the shops?
- Where do you cross?
- How did the children help Dad to cross the road?
- Why did the children walk on the inside of the pavement?
- Why should you always hold hands when you are near to or crossing the road?





**Remember:** When crossing the road, don't run across without looking, get an adult to help you and always use the Zebra Crossing.



Step1: Stop, don't run across the road



Step2: Look and listen for traffic



Step3: If it's safe hold an adults hand and go! It's always best to use a Zebra Crossing.

**Activity:** Draw a picture or write a short poem about road safety

A large, empty rounded rectangular box for drawing or writing.

# Planning your journey





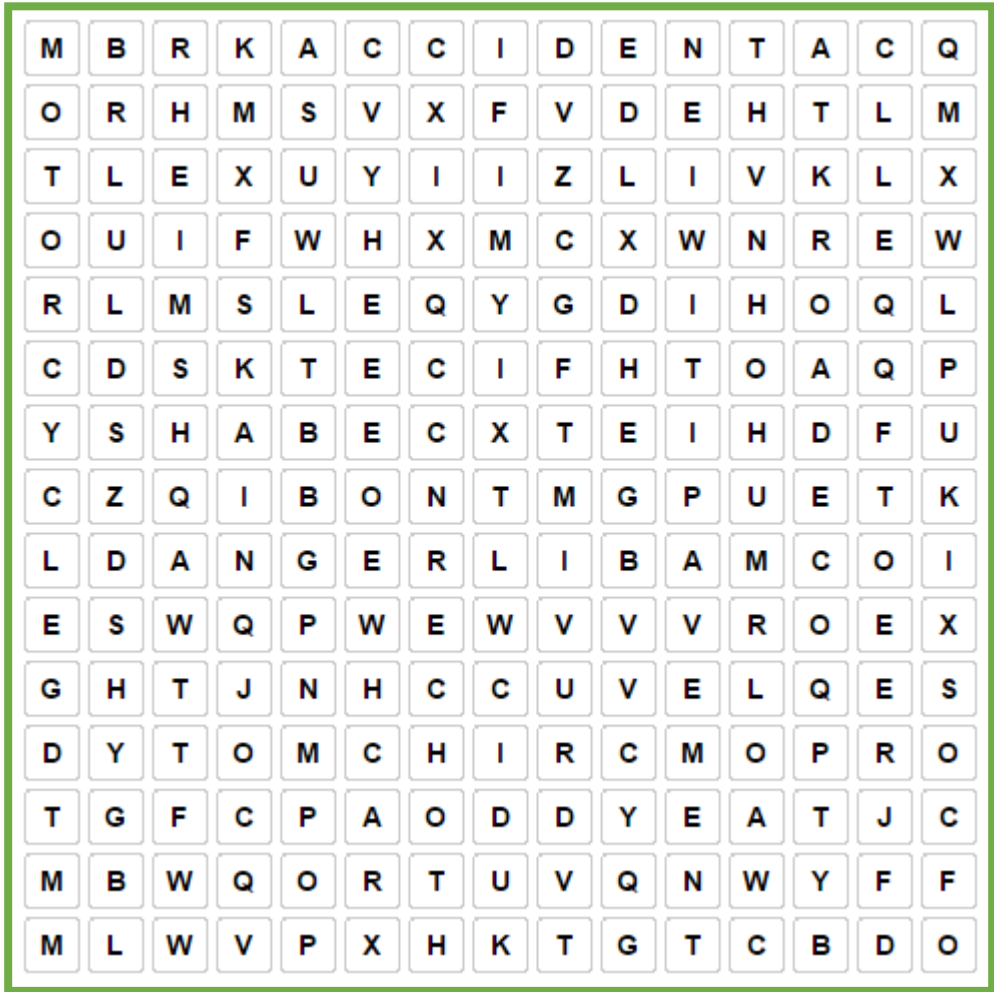
Sometimes the fast route is not always the safest route, so planning a journey is very important.

Using some coloured markers or crayons, draw the safest way to get around the town in the picture.





Here is a word search for you to complete. All the words are about the road and keeping safe. The words can go across  or down  and there is a list of words you will need to find.



### WORDS TO FIND:

ACCIDENT, CAR, CYCLE, DANGER, HELMET, LISTEN, LOOK, MOTORCYCLE, PAVEMENT, REFLECTIVE, ROAD, STOP, THINK



Talk to your parents about what all of these words mean and how they can help you use the road safely when you are out and about.

## How to be safe on your bicycle

Lots of people have bikes and like to ride them. But they have to find somewhere safe.

Q: Where do you ride your bike?

---



---

Q: Why do you think it is a safe place?

---



---

Sometimes riding our bikes can be dangerous. But, there is lots of special equipment that we can use to make us safe.

Q: Beside each item write how they help to keep us safe when riding our bikes:



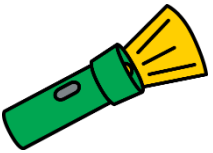
Helmets: \_\_\_\_\_



Reflectors: \_\_\_\_\_



Rucksacks: \_\_\_\_\_



Light: \_\_\_\_\_

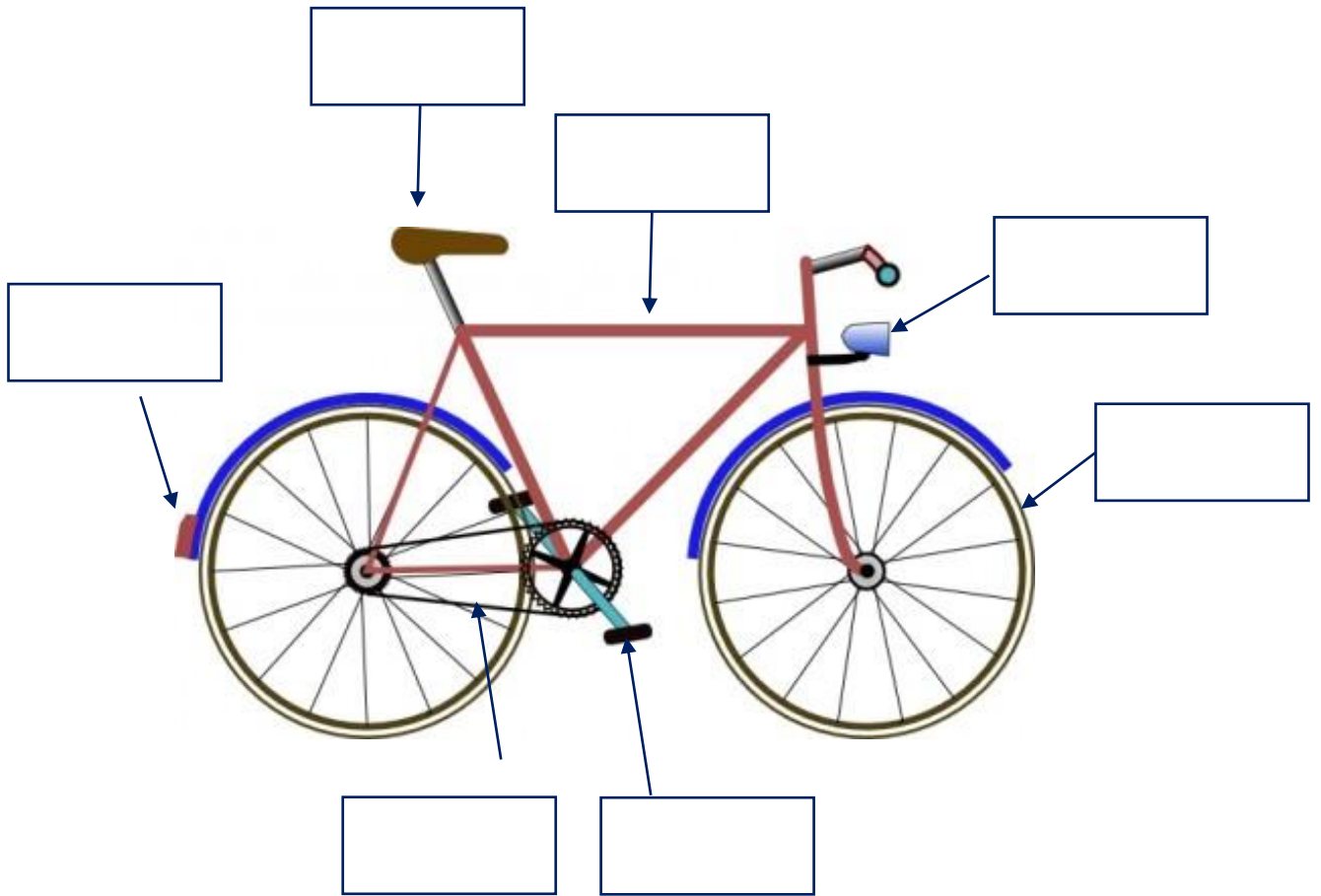


Bell: \_\_\_\_\_



Reflective Vest: \_\_\_\_\_

Can you name all the parts of the bicycle?



Ask a grown up to help you if you are not sure:

Here is a list to help you:

- Reflector
- Saddle
- Chain
- Tyre
- Pedal
- Light
- Chain
- Frame

**Did you know:** Your brain is remarkable, it is capable of making 100 trillion calculations per second. Protect your brain, wear a helmet!

# Can you draw your bike?



Keep this information handy in case your bicycle gets stolen.



## About your bike

Make \_\_\_\_\_

Colour \_\_\_\_\_

Frame Number \_\_\_\_\_

Number of gears \_\_\_\_\_

Bell [YES][NO]

Lights [YES][NO]

Mudguards [YES][NO]

Reflectors [YES][NO]

# Safety In the car



When riding in a car, remember these awesome tips:

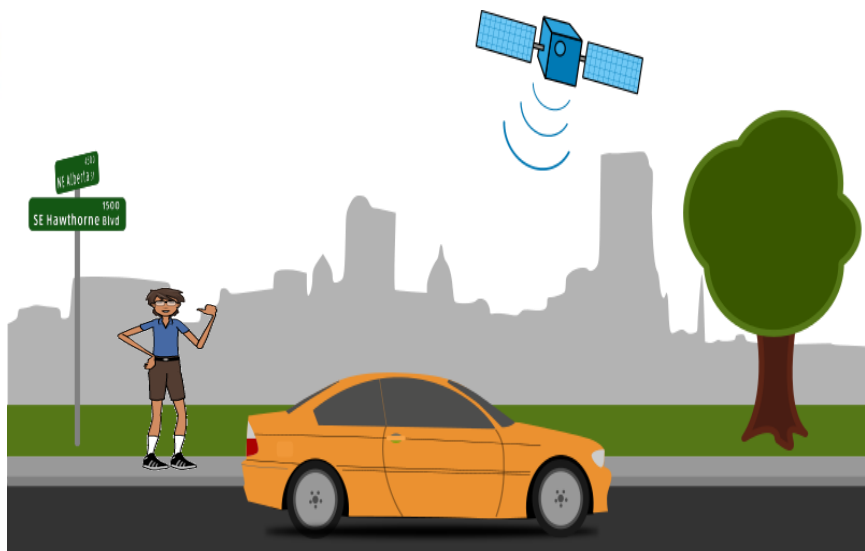
- Always ride in the back seat of the vehicle
- Sit on a booster seat with a seat belt buckled
- Find places to play that are away from parked vehicles and driveways.
- Make sure an adult is always around when you are in or near a car.
- Remind everyone in the car to buckle up on every ride.



**REMEMBER:** Always wear a seatbelt with a booster seat.



**REMEMBER:** Don't distract the driver.



**REMEMBER:** When you exit the car, always exit on the pavement side.



## Safety In the car



Car journeys can seem long and boring. But, there are lots of games you can play to make the time pass quickly.

- Count how many people you can see without their seatbelts on
- Look for car number plates starting with 1, then 2 and so on or letters like ABC etc.
- Count how many motorbike riders and cyclists you can see wearing safety helmets.
- 'I Spy' of things you can see from the car

**Remember:**

- When you care in the car, always wear your seatbelt and never distract the driver
- Wait until the car stops before you undo your seat belt.
- Get out of the car on the pavement side.
- If you need to cross the road always wait for a grown up to help you.

Here is a game you can enjoy making before you set off on a long car journey. You will need:



Scissors\*



Glue



An empty Cereal box or plain card.



Pictures from the activity sheet.

\*Scissors are sharp so always get a grown up to help you.

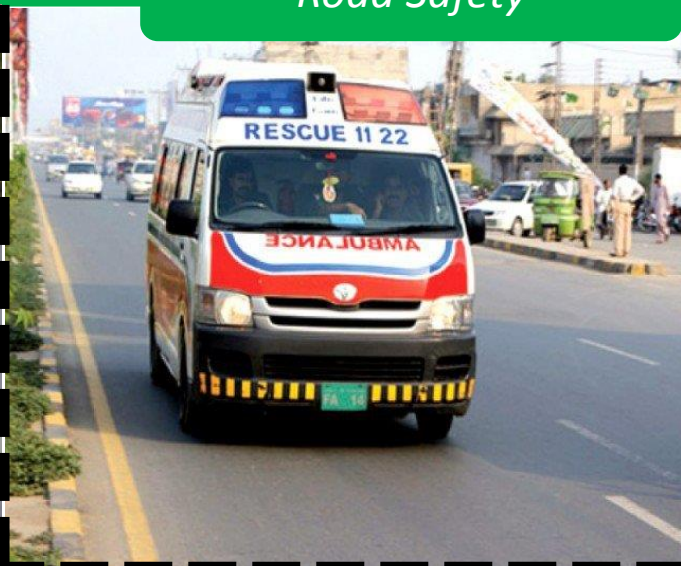
# Travel card game, make it yourself



How to play:

- When you are in the car, shuffle the cards and share them out
- Look for the things shown on your cards
- You could set a time limit 'say 10 minutes'. The person who has seen the most things on their cards wins
- The game can also be played until all players have seen everything on their cards.







## Advice for Parents

**Controlling internet access for children is tricky**, most of us are 'connected' via our laptops, mobile phones, tablets or personal computer. The potential for the internet to be a valuable and a fun resource for entertainment, making friends, keeping in touch and learning is huge.

But if you use the internet, you could be at risk of illegal activity or abuse - be it bullying, fraud or something more serious. Unlike seeing someone face to face, on the net, people aren't always what they first seem.

Here are some simple tips to keep your children safer online:

### **Protect**

Activate safe search mode in google— by default, it is OFF but you can easily turn it ON to ensure your little ones don't see anything harmful. Microsoft also offers parental controls for it's browser and OS, you can learn more about this by visiting: <http://windows.microsoft.com/en-GB/windows/setup-family-safety#set-up-family-safety=windows-7>

### **Prevent**

Install filtering software to ensure nasty content doesn't creep up on your child's screen.

### **Protect**

Explore the parental control feature of your chosen search engine. To access the family safety centre visit:

<https://www.google.co.uk/safetycenter/families/start/>

### **Prevent**

Use your connected devices as a family. If your child expresses an interest in playing a game or watching something on your phone or tablet, spend a little time explaining what they are doing to access that content, make it fun and interactive so they know they are going online to watch their favourite programme or nursery rhyme.



## Tips for children

1. When creating your screen name for online chat rooms, don't include any personal information like your date of birth or last name.
2. Don't share your password with anyone except your parents. If you use a public computer in your school or college library or similar place, make sure you log out of your account.
3. Don't post pictures or videos online without getting your parents' permission. Before you post anything online, stop and think whether it's something your family will be happy to see.
4. Never agree to meet online friends unless you have your parents' permission. Stranger danger is a rule you need to live by online as well as offline.
5. In App purchases or Online Adverts. Some adverts trick you into thinking you are getting something free or at rock bottom prices, if the deal looks too good to be true, it's best to stay clear. In app purchases can result in huge bills, be mindful of what you are buying to enhance your apps.
6. Don't open any downloads from people you don't know or weren't expecting anything from. The most common method of planting a virus on your PC or connected device is via email attachment or via a tab on social network saying 'OMG you won't believe what she did'.
7. Don't be mean or insult other people online. Tell an adult if you receive something horrible online and if you are aware of a friend being bullied online then make sure you speak out and tell your parents or teacher.
8. Make sure you understand the minimum age requirement to join your chosen social network. Facebook and Twitter have a minimum user age of 13 for a reason!



## Advice for Parents

Perhaps you have already talked to children about the danger of 'strangers'. But does your child actually understand what is meant by a 'stranger'?

When children's charity Kidscape interviewed 500 children aged between five and eight, they found that while nine out of ten knew they should never go with a stranger, there was a lot of confusion about what a stranger actually looks like or does.

Six out of ten of the children questioned thought a stranger couldn't be a woman and most described a stranger as a sinister-looking man with dark glasses and a beard.

It's vitally important your child knows that a stranger is anyone that they do not know. They can be male, female, young, old - any person unknown to your child who approaches them for no reason (unless your child is obvious distress, has had an accident or is lost) could pose a danger.

It doesn't matter how smartly dressed they are or how polite and well-meaning they appear - any person your child does not know, who approaches them or tries to offer them a lift should be ignored and your child should quickly walk or run away from them.



## Tips for children

- Never accept gifts or sweets from a stranger
- Never accept a lift in a car from a stranger
- Never go anywhere with a stranger
- Never go off on your own without telling a parent or trusted adult
- Never go up to a car to give directions - keep away so that no one can get hold of you and you can run away
- Always tell a trusted adult if you have been approached by a stranger
- Remember the **Yell, Run, Tell** rule - it's okay to run and scream if you find yourself in danger. Get away from the source of danger as fast as you can.
- If you find yourself in danger always run towards shops or other busy places with lots of people
- If you think that you are being followed, go into a shop or knock on the door of a house and ask for help
- Never play in dark or lonely places
- Stay with your group of friends - never wonder off on your own
- Never agree to do a job for someone you don't know in return for money - they may be trying to trick you
- Make sure your parents know where you are going and when you will be back. If your plans change be sure to tell your parents



Activity:



Read the story with your children and discuss how they would react in the same situation and why?

Okay Shani, lets get some Ice cream

Do you like your Ice cream?

Yes, Thank you dad.

Okay you play here for a while I will be right back.

Okay.

A few minutes later...

Hey, I have this cool new game on my phone. Would you like to play it?

No, thank you, my father is right over there. I have to be going.

I'm outta here!

Are you okay? You did the right thing.

REMEMBER: Never talk to strangers.

Some people that we don't know very well or have never met before can be trusted to help us. For example, we don't know the firefighters or Police Officers that come to help us we can think of them as **Safe Strangers**.

Talk to your children about any other possible **safe strangers**?





## Advice for Parents

Make it a ritual for a child to lock the doors and windows. Whether they are coming in with you, or preparing for bed at night, be sure they not only know how, but are in the habit of locking up.

If they are old enough to stay at home alone, be sure they:

- don't open the door to strangers
- know how to arm and disarm the alarm system (If you have one installed)
- know how, and when, to call **15**
- have a family or neighbour to contact for help
- have a cell phone in case telephone lines are cut
- Establish a plan for when they are, or aren't, to answer the phone, and teach them what to say. For example, if they are home alone, you may want them to say that you're busy, instead of saying that you are not at home. Rehearse with them so they'll know how to handle the situation.
- Teach them a password, so they only open the door to someone who knows the correct password.

Of course, we always tell our children not to talk to strangers. It may help to explain that bad people will pretend to be a delivery person, or in distress to get access to them or your home. If they are frightened or "feel funny" about someone who has rung the door bell, who peers around the house, or doesn't go away, they should phone an adult or **15** immediately.

Consider installing a door viewer at your child's eye level. The standard height is much too high for most children and makes it useless. Yes, they may only be able to see a knee or a belt buckle until the person walks away, but even that may provide a clue of identity.

Last, make sure your children have a cellular phone to use in case of emergency. If the phone lines are cut or tampered with, they can still call a trusted neighbour or family member for help.

Good habits can last a lifetime.



### Activity:



### Role Play

This is a fun activity that everyone in your house can get involved in. Here is what you need to do:

1. Get your family members involved and take turns to play the stranger at the door and someone answering the door.
  - a) Practice what you will do and say if someone turns up at your door and your parents are not in.
  - b) Practice what you will do say if a stranger calls your house phone and your parents are not in.
  - c) Practice taking turns to make up some passwords you can use.
2. Do you know what is the number for your police, fire and ambulance service where you live?

Print this list and keep it next to the phone in your house.

### Useful numbers in your area:

Police

Rescue

Neighbour

Relative

Dad Work

Mom Work



## Advice for Parents

Camping with children can bring you back to the simplicity of nature. It increases your awareness of your surroundings and can refresh your appreciation for the many things that so often go unnoticed.

Many things are learned and experienced for the first time during each day in the life of a child. Patience is almost unavoidable.

It is so important to take the time to enjoy the journey of these new experiences with your child. In nature there are so many amazing things to discover.

Camping can be a wonderful adventure. Just think – the birds and animals, the plants and trees, the rocks, the streams and ponds, the insects, the sounds, the weather, the wildflowers, and the many activities that can provide so much excitement.

The possibilities are endless! By planning successful, enjoyable camping trips when your children are young, you will set them on the path to a lifetime of outdoor adventures..



## Advice for Parents

**5 Basic Camp Rules for Kids:** As obvious as these rules seem, – it is surprising how many parents ASSUME the kids know them. It is important that you explain to the kids, that these rules are FIRM and SERIOUS!.

**Always Wear Footwear:** Never allow kids to go barefoot in. There are too many things to; cut, scratch, poke, and stick into their feet, not to mention all the things they can stub their toes on, and trip over.

**NO Running:** There are too many things to; trip over, like tent guy-lines, or roots; – run into, like trees and lantern poles; – and fall into, like the pond or campfire.

**NO Food, Snacks, or Candy in the Tents:** Kids will sneak around this one because they can't see the harm, but animals and critters can smell the food in a sealed unopened candy bar or chip bag and it acts like a magnet drawing them into the tent. The least problem would be ants and flies, the worst could be a wild boar. Explain this to the kids and then ENFORCE this rule!

**NO Candles, Lighters, or Open Flames in Tents:** Of course this may seem obvious, but tell them anyway.

**Use the "Buddy System:** You don't want young campers wandering out alone. Insist that they have at least one other person with them if they will be out of sight of the camp.



## Teach your child the Hug a Tree rule.

The **HUG-A-TREE and SURVIVE Program** was started in San Diego, California after a search for a nine-year old boy who died in the local mountains.

A group of those searchers put together an assembly program for children on how not to get lost, how to stay comfortable if they do get lost, and how to be spotted and found.

I hope your children never need this knowledge, but if you discuss this handout and with your children, it may help them to remember one or more facts that will make the search short and successful.

There are four simple rules that are core to Hug-a-Tree

- Tell an adult where you are going.
- If you are lost, “Hug-A-Tree” and stay put.
- Keep warm and dry.
- Help searchers find you by answering their calls.



It's a good idea to carry a bright coloured trash bag to use as a poncho and whistle on a picnic, hike, or camping trip.

1. The trash bag can be cut on the top to be worn like a poncho helping you keep warm and dry.
2. The whistle can be heard further away than your voice.

**Activity:****Play the Hug a tree game with your child/children.**

This game requires two players and one blindfold or bandana. You can play this game in your garden or a local park.

The players must be old enough to lead one another blindfolded, and you might want to start with some guiding tips—to move slowly, hold the blindfolded person securely by the arm, and use words to guide them over roots and other obstacles.

One player is blindfolded and gently spun around three times until they lose their bearings. The other player then leads the blindfolded player through the trees, taking a wandering route so the blindfolded player is even more confused about where they are.

They should stay within sight of the starting place. The leader picks a tree and leads the blindfolded person up to it. They say, “This is your tree,” and put the blindfolded player’s hands on the trunk.

The blindfolded player can take as long as they like getting to know their tree, feeling its trunk, learning where the branches are, and checking out the roots or other distinctive features. Once they’re finished, the leader guides them back to the starting place and removes the blindfold. Then the player can try to find their tree!



### ***Preparing for disasters***

What does it mean to prepare for a disaster? It means that you find out all you can about disasters. Then you get ready for them.

Being prepared for a disaster is everyone's job. You can take steps to be prepared at home and at school. The first step is to learn about disasters and to make a disaster plan. Here are some ideas to help you get started!

#### **Find out about disasters.**

It is important to know about the kinds of disasters that can happen where you live and where you go to school.

The best way to learn more is to ask questions. With an adult, call your local emergency service office or provincial disaster management authority.

#### **You can ask questions like these:**

- What kinds of disasters can happen here?
- What can we do to be ready?
- How does our town warn us that a disaster is coming?
- How will I know what to do?
- How will we know when to evacuate?

Ask teachers and principals about the emergency plans at your school.

Look at the knowledge point section in the back of this book. You will see web sites to visit. You will see books to read.

They can help you get even more prepared.

**Activity:**

1. With the permission of your parent/teacher collect newspapers/magazines or printout's of internet news articles of the past month or two.
2. Find out and collate all news related to natural disasters like earthquakes, storms and floods, also find any articles relating to man-made emergencies like fires and accidents.
3. Cut out the clippings and photo's related to the news and make a collage of the cuttings by pasting them on chart paper.

You now have an idea of the types of emergencies you may face in your local area.

This is a great start, but there is more to learn. Why not ask your parent/teacher or suitable grown-up to take you to a fire brigade station or rescue station so you can learn more about the types of emergencies and how to prepare for them.



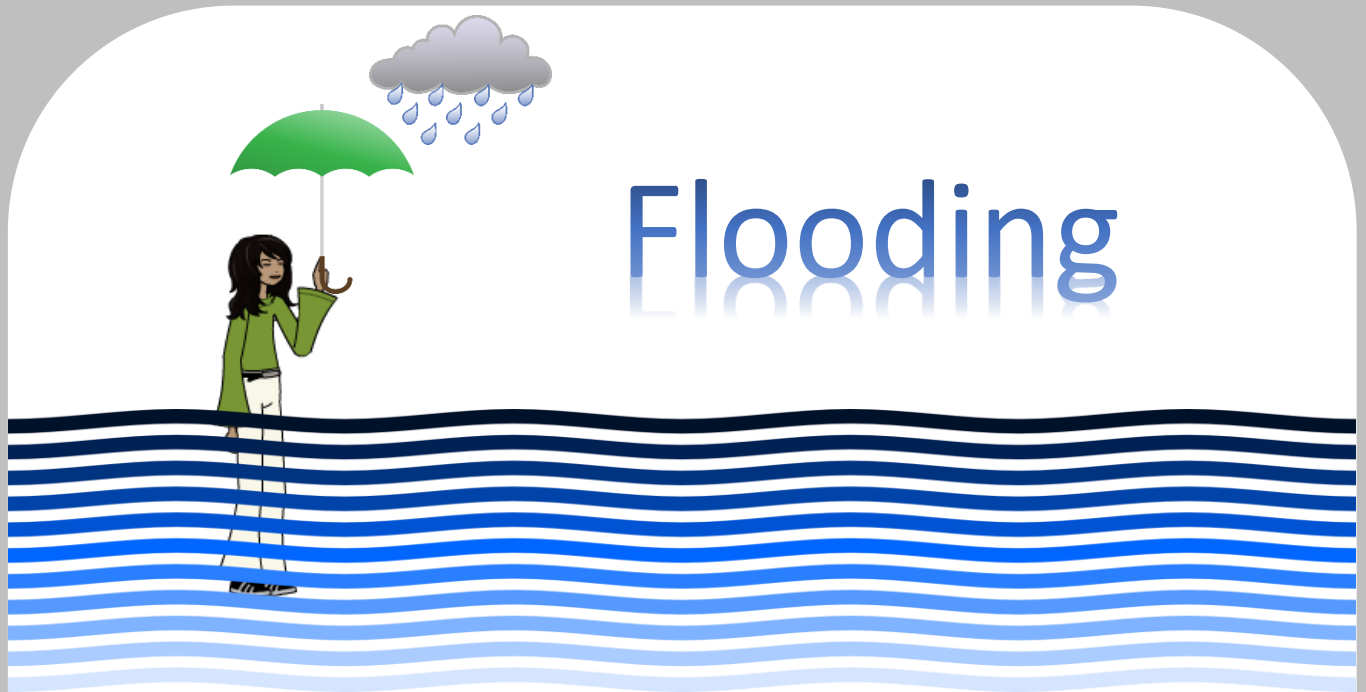


Pakistan is one of the most flood prone countries in South Asia. River related floods are the most severe in Punjab and Sindh provinces, while, hill torrents that are common in hilly terrain tend to affect Khyber Pakhtunkhwa, Baluchistan and Gilgit Baltistan.

There has been a number of floods in Pakistan that caused a significant amount of damage, particularly during 1950, 1992, 1998.

More recently floods in 2010 and 2011 wreaked havoc leading to 1,985 deaths, an estimated 800,000 people homeless and over US\$ 10.9bn in post disaster reconstruction and rehabilitation costs.

Most of the flooding occurs in late summer during the monsoon season but flooding also occurs as the result of glacial lakes breaking caused by high summer temperatures.



Floods are one of the most common disasters. They can be small – just in your neighbourhood. They can be large – in many places at the same time.

All floods are not alike. Some floods grow slowly. They can grow over many days. Others floods grow quickly. They can happen in just a few minutes, even when it is not raining!

You need to know what to do when a flood occurs no matter where you live. Knowing what to do is even more important if you live in a low-lying place, or near water, or near a dam.

### **Before a Flood**

- Learn about the chance of flooding in the places where you live and go to school.
- Know the ways to evacuate from your home and school. Practice these routes.

### **During a Flood**

- Listen to the radio for news and official orders.
- If officials say to evacuate, you may have time. Make sure your home is safe. Ask your parents to bring in outdoor chairs and tables. Ask them to move important items to an upper floor. They need to unplug appliances, and turn off power at the main switches.
- Be aware that flash flooding can occur. If there is a flash flood, move to higher ground right away. Move no matter where you are.
- Turn around – do not drown. Never walk into floodwater. Remind your family to never drive into floodwater.

### **After a Flood**

- Stay away from floodwater. It is very dirty.
- Return home only after authorities say it is safe.
- Throw away any food that touched floodwater. Help your family clean and remove germs from wet items.



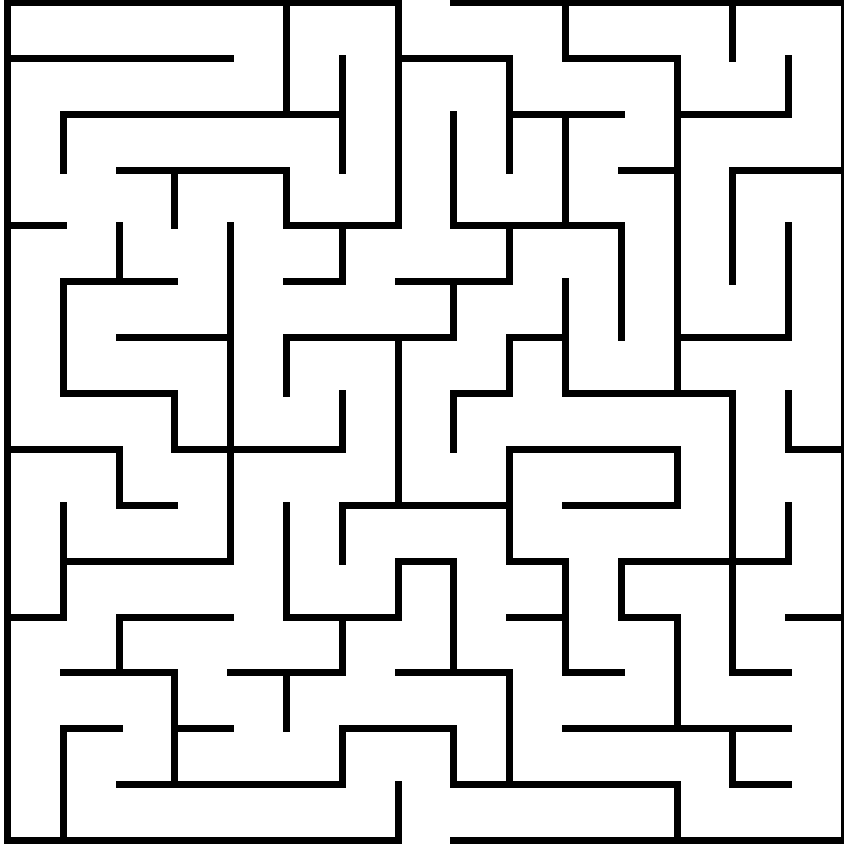
# Flooding



**Activity:**



Use a pencil and help Shani get to higher ground.



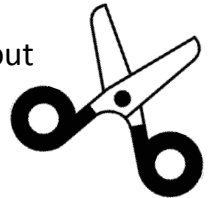


# Thunderstorms



## Activity:

It is important to be able to recognise when the weather is about to change.



Storms can sometimes seem to appear out of nowhere, but knowing what signs to look for can make a big difference in being able to find shelter quickly. Cut out these pictures and see if you can spot any clouds that look similar.



1

1. Stratus clouds form a greyish layer that can cover the whole sky. They can produce rain.



2

2. Nimbostratus clouds are dark grey rain clouds.



3

3. Cirrus clouds are wispy and high in the sky, they usually mean good weather.



4

4. Cirrostratus clouds are thin, high clouds and look like a sheet covering the sky.



5

5. Cirrocumulus clouds are high, white and rounded. These clouds often mean good weather.



6

6. Cumulus clouds look like cotton wool balls fairly low in the sky.



7

7. Cumulonimbus clouds are thunderstorm clouds. Their dark bases are usually very close to the ground with huge tops that stretch up very high.



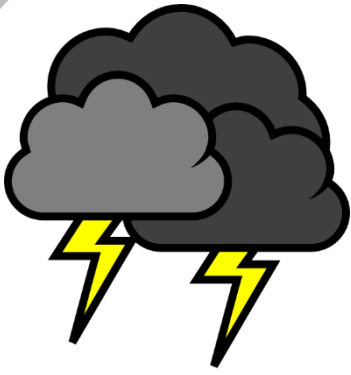
8

8. Altocumulus clouds are grey and puffy. In summer, they often mean that a thunderstorm is coming.



9

9. Altostratus clouds form a thin blue-grey sheet. You can often see these clouds before rain storms.



# Thunderstorms

All thunderstorms are dangerous. Every thunderstorm has lightning. Strong thunderstorms can also bring heavy rains, high winds, hail, and tornadoes. The sound of thunder can be very scary.

**Here is how to stay safe during a thunderstorm.**

## **Before a Thunderstorm**

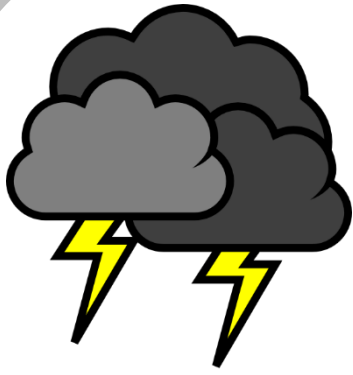
- Learn the signs of a thunderstorm: dark clouds, lightning, and thunder.
- If you know a thunderstorm is coming, stay indoors. Pick something you can play inside.
- Learn the 30/30 rule to keep safe. If you see lightning, start counting to 30. If you hear thunder before you get to 30, go inside. Stay indoors for 30 minutes after the thunder has ended.

## **During a Thunderstorm**

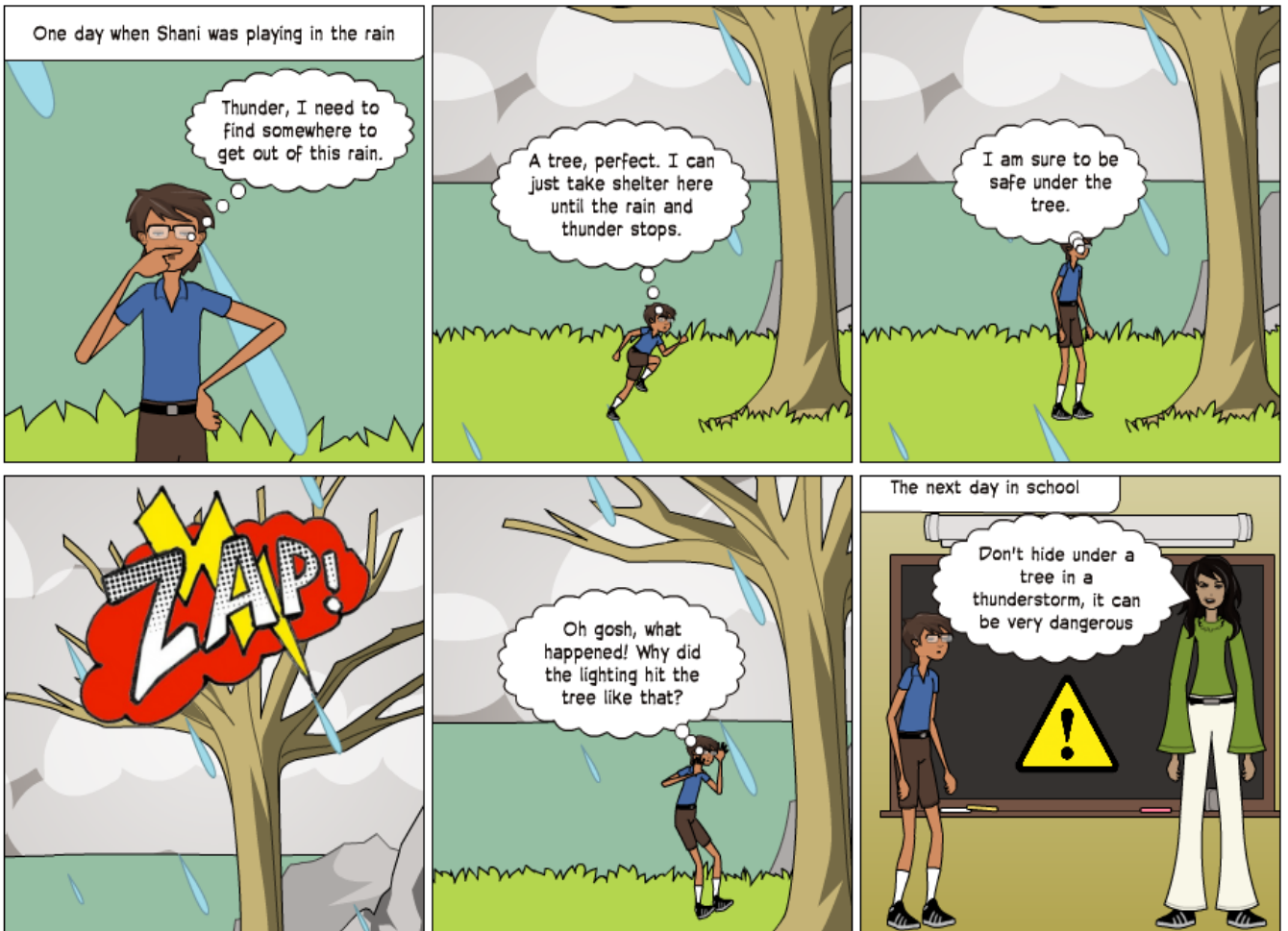
- If you are outside when a storm comes, go inside right away. A car is also a safe place.
- Crouch down, place your hands on your knees, and put your head down.
- Move away from things that lightning can strike. Stay away from trees, fences, phone lines, and power lines. Stay away from things made of metal.
- If you are in the water – such as a swimming pool or lake – get out of the water right away and go inside.
- If you are inside your home, tell your parents to unplug things like stoves, toasters, TVs, and phones.

## **After a Thunderstorm**

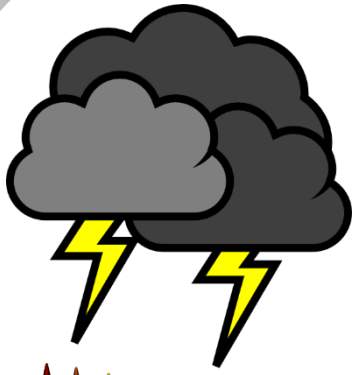
- Wait indoors at least 30 minutes after the storm ends. Then it will be safe to go outside.



# Thunderstorms



Did you know... That lightning can strike twice (or more) in the same place?



# Thunderstorms



**Activity:**



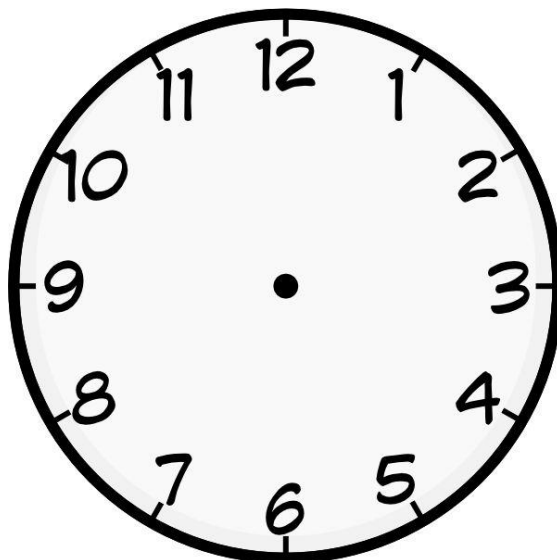
*Lets make a lightning timer*

Okay before we can make our own awesome lightning timer, we need to learn about the 30-30 rule. So here we go:

- 30 seconds or less from flash to bang, seek safety.
- 30 minutes after the last flash/bang, go back outside and play.

Now the fun part, to make your own lightning timer! Choose two different coloured crayons or markers. When the last flash or bang happens, draw arrows on the clock to show what time it is. Then add 30 minutes to that time.

Draw another set of arrows using the other colour. You will know how long to wait until you go outside.





# Hurricanes

A hurricane is a type of tropical storm that has thunderstorms and strong winds. Hurricanes travel quickly across ocean waters. They cause serious damage to coastlines and nearby places.

A hurricane comes from the ocean. When it gets closer to land, it often brings heavy rains. It also brings strong winds and very high tides (storm surges). Hurricanes can also cause flooding and tornadoes.

Hurricanes travel a long way across the ocean. People have plenty of warning before hurricanes hit land. People have enough time to evacuate to a safe place and stay out of the storm's way. Learn what you can do to be safe if a hurricane comes.

## **Before a Hurricane**

- Learn the way to evacuate with your family.
- Talk about what you would do when you evacuate. Discuss where you would go. Update your disaster supplies kit.
- Remind your parents to bring inside any items that can blow away during a hurricane.

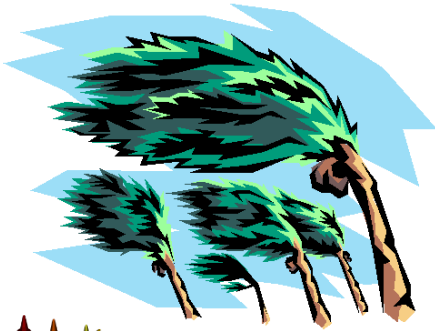
## **During a Hurricane**

- Stay indoors.
- Stay away from water and the shoreline.
- Evacuate if authorities say to do so. Keep in mind that heavy rains could cause roads to flood.
- Take your disaster supplies kit with you when you evacuate.
- Listen to the radio or TV for news.

## **After a Hurricane**

- Return home only after authorities have told you to do so.





# Hurricanes



## Activity:

Complete the crossword puzzle below. When you do, you will find some hints on what to do before, during, and after a hurricane.



The crossword puzzle grid consists of black and white squares. The starting points for the clues are:

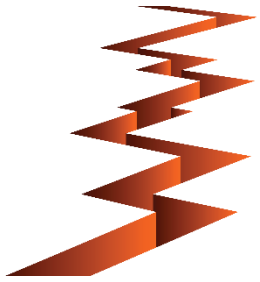
- 1. Down (1 square)
- 2. Across (10 squares)
- 3. Down (3 squares)
- 4. Across (6 squares)
- 5. Across (5 squares)
- 6. Across (8 squares)
- 7. Across (6 squares)

**Across**

- 2. Before a hurricane, be sure to learn your \_\_\_\_\_
- 4. To leave quickly.
- 6. Tropical storm that has thunderstorms and winds.
- 7. Message on TV or radio that tells you when bad weather has already been spotted where you live.

**Down**

- 1. \_\_\_\_\_ is water pushed on to shore by a hurricane.
- 3. Listen to the \_\_\_\_\_ for updated weather information
- 5. People who are in charge of a place or community.
- 7. Message on TV or radio that tells you about bad weather that might occur.



# Earthquakes

An earthquake is the sudden movement of the surface of the Earth. During an earthquake, you may notice a gentle shaking of the ground beneath your feet. You may notice objects wobbling on shelves. You may see hanging plants swaying back and forth. We cannot predict earthquakes – but scientists are working on it!

Earthquakes can be felt over large areas. They often last less than one minute. But, in that short time, they can do lots of damage. If the earthquake occurs in a big city, it may hurt many people. Knowing what to do during an earthquake will help you be safe during this disaster.

## **Before an Earthquake**

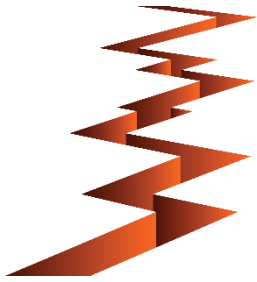
- In each room, find a safe place under a sturdy table, desk, or bench. Your safe place can also be against an inside wall or corner, away from things that could fall on you.
  - Ask your parents to bolt or strap large items against the wall. Bolt to the walls mirrors, pictures, and tall bookcases.
- Keep heavy objects on the lower shelves so they do not fall on people.

## **During an Earthquake**

- Drop, cover and hold on.
- Take cover under a sturdy desk, table, or bench. Cover your face and head with your arms. Hold on.
- If there is no table or desk near you, take cover along an inside wall or corner of the building. Cover your face and head with your arms. Hold on.
- Stay away from glass, windows, outside doors, and walls. Stay away from things that could fall.
- Stay inside until the shaking stops. Stay inside until it is safe to go outside.
- If you are outside, stay away from buildings, streetlights, and power poles.

## **After an Earthquake**

- Be prepared for aftershocks.
- Open cabinets slowly. Beware of objects that can fall off shelves.
- Stay away from damaged places.



# Earthquakes



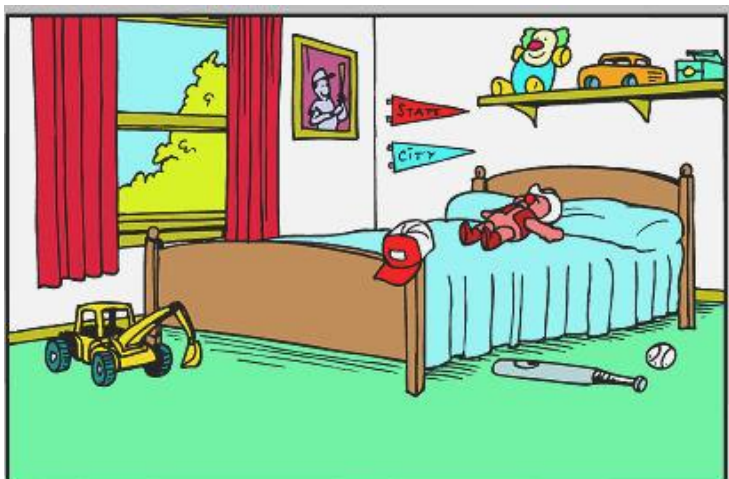
Did you know... that during an earthquake, the earth does not crack open? Instead, usually the earth's soil shifts up and down as the earth rumbles and moves.



## Activity:

Below is a picture of Shani's room. Can you help me find the things that might be dangerous in an earthquake? Use a blue crayon or pencil to draw a circle around the items that Shani can move so they will not fall on him.

Use a red crayon or pencil to circle the items that an adult needs to move or fasten so they will not fall.



***Make a plan.***

Meet with your whole family to talk about your disaster plan. Be sure to tell them what you have learned about disasters. Tell them how important it is to be prepared!

Your family can also meet with your caregivers. Start with these steps to make your family disaster plan.

- Choose an out-of-town contact. Ask your parents to choose someone to call in an emergency. This person will be your contact. It is best if your contact lives in a different town.

Learn your contact's phone number by heart. Practice dialling it. Know when to call. A disaster might happen when you are not with your family.

Then you can call your contact. Tell your contact where you are so your family can find you right away.

- Decide where to meet with your family. A disaster can happen when you are not with all of your family,

1. In case of a sudden emergency, like a fire, choose a place right outside your home.
2. In case you cannot go home, choose a meeting place outside your neighbourhood.

- Complete a Family Communications Plan. How will you contact your family? How will you reach your out-of-town contact? Where will you meet? What are the emergency phone numbers? Post your family communications plan near the phone in your home.

Ask your family to make copies of your plan. Each family member can carry it in a wallet or purse.

- Plan for your pets. If you evacuate, take your pets with you. Pets are not allowed in emergency shelters for health reasons.

**Your family Communication Plan**

If you have a family communications plan, it will be easy to contact your family or friends in a disaster! Fill out this emergency contact form with your family.

Make sure they know where to meet and who to call. When you finish, cut out this page and hang it where all in your family can see it.



**Activity:**



Practice making a family communications plan

**MY FAMILY COMMUNICATIONS PLAN**

My Name

My Address

My Telephone Number

My Family

Dad(Work)

Dad(Cell)

Mom(Work)

Mom(Cell)

**Who to call in case of an emergency**

Emergency Number:

15 / 1122 or \_\_\_\_\_

Name and number of neighbour or relative:

Name and Number of out-of-town contact:

## ***Making an emergency grab bag***

During a disaster, you may have to evacuate quickly. You might not have time to gather all the supplies you need. That is why it is important to make an emergency grab bag.



Remember to pack enough food, water, and supplies to last for three days for each person in your family. Place the supplies into a duffel bag or a backpack. Ask your parents to keep kits at home, at work, and in their cars.

### **Below is a list of sample list of items you need to have in your kit!**

- Canned or dried foods that won't spoil
- Pictures of all your family members and their names on the back of the photo's.
- Can opener that turns by hand
- Water (one gallon for each person each day)
- Flashlight
- Radio
- Extra batteries for the flashlight and radio
- First aid kit and handbook
- Soap, toilet paper, toothbrush, and other items to keep you clean
- Extra clothing and blankets
- Forks, spoons, knives, and paper plates
- Eye glasses and medicine
- Whistle
- Copies of IDs and credit cards
- Cash and coins
- A map of the area
- Baby food, bottles, and diapers
- Pet food if you have a pet

**If you live in a cold area, you and your family have to think about staying warm!**

**Include**

**these other items in your kit:**

- Jackets and coats
- Long pants and long sleeve shirts
- Sturdy shoes or boots
- Hats, mittens, and scarves
- Sleeping bags and warm blankets

***Remember to update your disaster supplies kit at least once a year!***

**Making an emergency grab bag**

Shani, Sidra and Eesha have made grab bags for each of their family. Now you can make a grab bag for your own family by completing the worksheet below.



1. How many people are in your family? \_\_\_\_\_

2. Water: You need a 3-day supply. Each person needs 1 gallon per day. How many gallons will your family need?  
 \_\_\_\_\_ people X 3 = \_\_\_\_\_ gallons of water.

3. Food: You need a 3-day supply of canned foods. List some foods you might put in your supplies kit:

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4. Medicine and Supplies for your First Aid kit:

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5. How will you listen to the news for weather updates and official instructions?

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6. If the power goes out, what will you use to see in the dark?

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7. What will you need to open cans of food?

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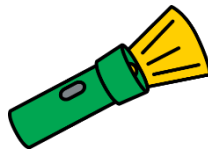
Shani is going shopping for some safety items. He needs your help. Look at the pictures below. Circle all of the items that you think should be on his "safety shopping list."



Rs. 700



Rs. 450



Rs. 300



Rs. 1500



Rs. 15



Rs. 950



Rs. 15



Rs. 30



Rs. 100



Rs. 150



**Activity:**



Now put your maths skills to work to answer these questions.

1. Which costs more money, the first aid kit or the flashlight?

How much more? \_\_\_\_\_

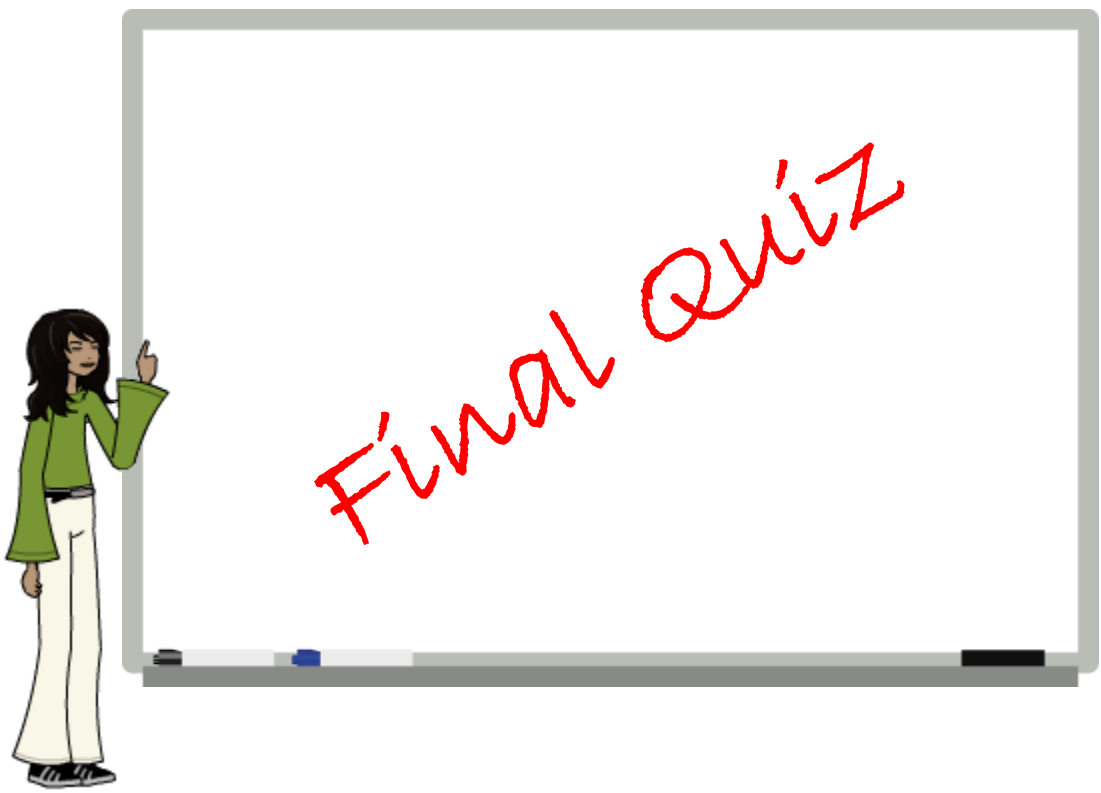
2. How much does it cost the toy box \_\_\_\_\_

3. Shani needs to buy three reflective vests, how much money does Shani need? \_\_\_\_\_

4. Shani needs 1 gallon of water, which means he needs four bottles of water, how much will this cost Shani? \_\_\_\_\_

5. How many chips packets can Shani get for 100 rupees?  
\_\_\_\_\_





**Now that you have completed the activities, let's see how safe you are!**

**Answer the questions below.**

**Question 1:** List five things you need to have in your disaster supplies kit.

**Question 2:** Write the name and telephone number of your out-of-town contact.

**Question 3:** List your two family meeting places.

**Question 4:** During a fire, how do you check to see if a door is warm?

**Question 5:** TRUE or FALSE? A Flash Flood Warning means that flooding has already been reported in your area.

**Question 6:** If you cannot get inside during a thunderstorm, what do you need to do?

**Question 7:** TRUE or FALSE? Is a Police Officer a "safe stranger".

**Question 8:** Write one thing you need to do before an earthquake.

**Question 9:** TRUE or FALSE? When creating your screen name for online chat rooms, you should always use your real name and date of birth.

**Question 10:** Fill in the blanks, when crossing the road you should STOP, LOOK and \_\_\_\_\_.

**Question 11:** TRUE or FALSE? Stay away from water and the shoreline during a hurricane.

**Question 12:** What three things are needed to start a fire?

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## IS A SAFETY ALL-STAR

I have learned how to work with my family to become safer and prepared for disasters. I can take action and make a difference by helping to:

- ✓ **Create a family Communication Plan**
- ✓ **Make a grab bag**
- ✓ **Stay safer at home and outside**
- ✓ **Learned what to do in a disaster or emergency**
- ✓ **Teach others how to stay safe**
- ✓ **Know the emergency numbers for where I live.**



# Knowledge Point

Here are some excellent sources to visit:

Asian Disaster Preparedness Centre:

[www.adpc.net](http://www.adpc.net)

Disaster Preparedness and Response Team:

[www.dpart-sar.org](http://www.dpart-sar.org)

Edu4drr – Effective Education for Disaster Risk Reduction:

[www.edu4drr.org](http://www.edu4drr.org)

National Disaster Management Authority Pakistan:

[www.ndma.gov.pk](http://www.ndma.gov.pk)

Norbert Almeida's Safety & Security Blog:

[www.norbalm.com](http://www.norbalm.com)

National Society for Earthquake Technology-Nepal (NSET):

[www.nset.org.np](http://www.nset.org.np)

PrepareSoCal: Managed by the American Red Cross (South California Chapter): This is one of the best preparedness websites I have come across in 12 years.

<http://preparesocal.org/>

Stop Disasters (Online Game by United Nations ISDR)

<http://www.stopdisastersgame.org/>

Rescue 1122 Pakistan

[www.rescue.gov.pk](http://www.rescue.gov.pk)

Ready Gov USA:

[www.Ready.gov](http://www.Ready.gov)

United Nations Office for Disaster Risk Reduction:

<http://www.unisdr.org/we/advocate/education>

# Knowledge Point

## Some useful words to remember:

**Aftershock:** An aftershock is a small earthquake that often comes after a big earthquake.

**Authorities:** They are people who are in charge of a place during a disaster. They keep people safe. They can be police, or firefighters, or teachers.

**Dangerous:** Something is dangerous when it might hurt a person or destroy something. Playing with matches is dangerous.

**Disaster:** A disaster is a something that causes lots of damage to people and places. It can be a hurricane or a tornado. It can be a storm or a flood. It can be a fire, or an earthquake, or a blizzard.

**Emergency:** An emergency is something you do not expect. It is a time when someone could be in danger or could be hurt. It is a time to get help right away.

**Evacuate:** To evacuate means to leave a place in a quick and organized way. We sometimes evacuate during an emergency. When there is a fire drill at your school, you evacuate the school.

**First aid:** The help given to a sick or injured person until full medical treatment is available.

**Hypothermia:** This is a dangerous illness that can happen if your body gets much colder than normal. Hypothermia can happen if you spend a long time in a very cold place.

**Magnitude:** The magnitude of an earthquake tells us how much power the earthquake has. A high number like 7.0 means the earthquake is strong. A low number means the earthquake is weak.

**Officials:** These people hold important jobs in your area. They help carry out the rules we live by.

**Plan:** A plan is what to do next. A plan can list things to do in an emergency. Or it can be a picture of where things are. A disaster plan has the steps of what to do in all kinds of disasters. A fire escape plan can be a picture of your home that shows you how to get out in case of a fire.

**Prepare:** Getting prepared means getting ready. Getting prepared for a disaster means you will know what to do and where to go when a disaster happens.

**Warning:** A warning is issued by the National Weather Service over the radio and TV. A warning lets you know that bad weather has been seen where you live or is coming soon. When bad weather is close to your home, you need to take cover or evacuate right away so you can stay safe. Warnings can be about floods, thunderstorms, tornadoes, and hurricanes. A weather warning is more serious than a weather watch.

# Knowledge Point

## Some useful videos worth watching:

1. Trapped: A national geographic documentary about the survivors of the Margalla Towers collapse and the British rescue team that saved them. Available on YouTube: <https://www.youtube.com/watch?v=wl-rJrg6LQ0>
2. This video has been filmed live in a Control room of Rescue 1122 and can be used to demonstrate to children and adults why prank calling an emergency number is not a “cool” or “funny” idea and can cost someone their life. Available on YouTube: <https://www.youtube.com/watch?v=m7H9b8lcNjQ>
3. Story of Tilly Smith: A remarkable story about how an 11 year old girl used lessons taught in school to save the lives of over 100 people. Available on YouTube: <https://www.youtube.com/watch?v=V0s2i7Cc7wA>
4. Franklin and his Bicycle Helmet: This is an excellent episode of a popular US cartoon series that covers the importance of wearing a helmet when riding a bicycle. Available on YouTube: <https://www.youtube.com/watch?v=oo-y1Osk3tY>

# Knowledge Point

## Emergency Numbers for Pakistan:

City	Ambulance	Fire Service	Police
ISLAMABAD	1122/115	16	15
RAWALPINDI	1122/115	1122	15
PESHAWAR	1122/115	091-2264224-25	15
LAHORE	1122/115	1122	15
KARACHI	1021/115	16	15