CALIFORNIA 4-H PROJECT SHEET SERIES

4-H Emergency Preparation and Management Project

Evett Kilmartin

Disasters can and do occur on a regular basis. These events, which range from earthquakes to wildfires and other natural and human-made disasters, can happen at any time and often do so with little or no warning. When emergencies occur, they have the potential to affect every facet of life. Our community and local emergency services can quickly become overwhelmed.

In this project, members will learn

- how to effectively prepare for an emergency
- how emergencies are handled by government agencies and other organizations
- to respond quickly and appropriately in an emergency or disaster

STARTING OUT, BEGINNER

- Learn about emergency plans and why they are important.
- Create an emergency plan for your family and for your project or club. Practice your plan.
- Find out how to shut off the utilities — water, electricity, and gas — at your home and your meeting place.
- Conduct a safety check of your home and meeting place. Share your findings.

LEARNING MORE, INTERMEDIATE

- Learn and practice various rescue techniques — for example, how to save someone from drowning, do a firefighter's carry, or tie rescue knots.
- Give a presentation to your project or club on an emergency preparedness topic.
- Obtain first-aid and CPR certification from a reputable organization like the Red Cross.
- Assemble an emergency kit for your family.

EXPLORING DEPTH, ADVANCED

- Complete the interactive web-based course ICS 100: Introduction to the Incident Command System.
- Contact the Youth Preparedness Council member for your region to learn about their role in supporting emergency preparedness.
- Write an article on emergency preparedness for your school newspaper or 4-H newsletter.

The activities above are ideas to inspire further project development. This is not a complete list.

Light your spark | Flex your brain | Reach your goals

Expand Your Experiences!

Science, Technology, Engineering, and Mathematics (STEM)

- Learn how meteorologists anticipate and identify critical weather patterns.
- Explore how engineers design and build earthquake-resistant structures.
- Discover how crowdmapping is used to improve emergency management service.

Healthy Living

- Learn how much food and water should be included in an emergency supply kit.
- Explore how to avoid carbon monoxide poisoning following a disaster or emergency.
- Discover resources to support mental health and manage stress following a traumatic event.

Civic Engagement

- Learn about emergency response in your area by visiting a local government official or agency.
- Connect with other local volunteer organizations involved in emergency preparedness.
- Discover how citizens are notified of emergencies in your area.

Leadership

- Serve as a junior or teen leader in your 4-H Emergency Preparation and Management Project.
- Organize a workshop to teach local families how to create an emergency supply kit.
- Deliver a presentation about your project activities at a local 4-H or city council meeting.

College and Career Readiness

- Research the types of careers available in the emergency services field and share your findings.
- Visit with an emergency services professional to learn more about their work and career path.
- Meet with a counselor to learn about the education needed for a career in emergency services.

CONNECTIONS AND EVENTS

Presentation Days — Share what you've learned with others through a presentation.

Field Days — At these events, 4-H members may participate in a variety of contests related to their project area. Contact your county 4-H office to determine additional opportunities, such as a county resource fair.

CURRICULUM

- Discover 4-H Incident Command Clubs https://usu.co1.qualtrics.com/CP/File.php?F=F_3ERweUz3HOEX7k9
- Youth Emergency Preparedness www.ready.gov/sites/default/files/2020-08/ready_emergency-preparedness-curriculum-grades-9-12.pdf
- Zombie Preparedness www.cdc.gov/cpr/zombie/index.htm
- ICS 100: Introduction to the Incident Command System https://training.fema.gov/is/courseoverview.aspx?code=IS-100.c

4-H RECORD BOOK

4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning, and development.

4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

RESOURCES

- National Youth Preparedness Initiative, http://mypinational.extension.msstate.edu/
- Youth Preparedness Council, www.ready.gov/youth-preparedness-council
- Ready.gov, www.ready.gov/
- Cal OES — California Office of Emergency Services, www.caloes.ca.gov/schools-educators
- Extension Disaster Education Network, https://extensiondisaster.net/
- Teaching Kids About Emergency Preparedness, www.redcross.org/get-help/how-to-prepare-for-emergencies/emergency-preparedness-for-kids.html
- All-Hazards Preparedness Guide, www.cdc.gov/cpr/documents/AHPG_FINAL_March_2013.pdf
- Emergency Management Institute, https://training.fema.gov/emi.aspx

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4-H Thriving Model

4-H programs done well help youth thrive. No matter what project or activities are offered, the project leader should help ensure youth engagement with a focus on these three contexts:

FACILITATE YOUTH SPARKS

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Youth use their spark to make the world a better place.

Sparks create action, provide fuel for growth in knowledge and skills. Sparks grow a young person's networks.

Help youth find how this project may bring them joy, purpose, and direction.

To learn more: https://tinyurl.com/y2lwct7u

PROGRAM QUALITY MATTERS

Research shows that youth programs must be done well if they are to make a positive difference in the lives of youth.

Quality programs ensure:

- Physical and psychological safety.
- Appropriate structure.
- Supportive relationships.
- Opportunities to belong.
- Positive social norms.
- Support for mattering.
- Opportunities for skill building.
- Integration of family, school, and community.

To learn more: https://tinyurl.com/yxg27m3j

FOSTERING DEVELOPMENTAL RELATIONSHIPS

Caring, supportive adults are clearly connected to positive youth development.

Across the childhood years, youth need different things from adults as they learn, grow, and self-regulate. What should remain constant from all adult volunteers and staff:

- Expressing care through listening, warmth, and dependability.
- Challenging growth by expecting youth to do their best.
- Providing support.
- Sharing power.
- Expanding possibilities.

To learn more: https://tinyurl.com/y6434ntw

For Further Information

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