

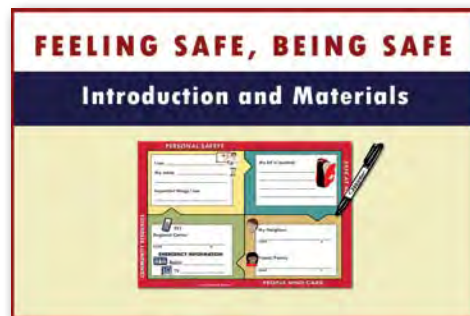
FEELING SAFE, BEING SAFE

Discussion Questions and Exercises

Video 1

INTRODUCTION AND MATERIALS

The host reviews webcast training sequence and facilitates discussion to help participants understand webcast training process and outcomes.



Discussion Questions

- 1 Why is it important to be prepared for an emergency or disaster?
- 2 Have you experienced a disaster or emergency situation?
- 3 How many of you have your own emergency kit ready?
- 4 If you had to evacuate from your home, would you be prepared to live in a shelter for 3–5 days?

Video 2

BEING PREPARED

After viewing DVD, the host facilitates discussion about the **Think–Plan–Do** process and Sam's preparation.



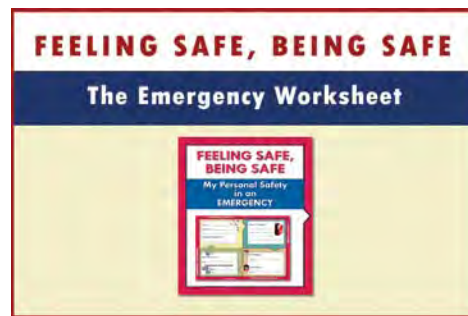
Discussion Questions

- 1 How can **Think–Plan–Do** help with being prepared?
- 2 What did Sam have to think about?
- 3 How did Sam create a safety plan?
- 4 How did Sam take action?

Video 3

THE EMERGENCY WORKSHEET

The host facilitates discussion about sharing emergency plans with others who live nearby (neighbors/friends/family) and agree to exchange phone numbers.



Discussion Questions

- 1 Why is knowing neighbors and sharing phone numbers/information so important to emergency planning?
- 2 Who from your neighborhood or nearby community can you share your emergency plan with?

Activities

- 1 The host reviews his/her own completed Worksheet.
- 2 Distribute Worksheet to participants and demonstrates how to fill out the form.
- 3 The host assists participants to complete their own using personal information. *(If participants do not have all answers necessary to finish their Worksheet, help them think about how to obtain the information.)*

Video 4

THE MAGNET

The host facilitates discussion about personal information important to first responders in an emergency and how to make it easy to find.



Discussion Questions

- 1 Why should first responders know key information about you?
- 2 What information do you feel is important to share on your Magnet? (*If you do not want medication information on the Magnet, use the medication form.*)
- 3 If you use a medical device, where do you put information about it on your Magnet? How would you describe it?

Activities

- 1 Host shows his/her finished Magnet.
- 2 Host asks participants to complete their Magnet using information from their Worksheet.



TIPS

Use Permanent Markers. Post magnet in place easy to see.

Video 5

THE EMERGENCY KIT

The host reviews the importance of a personal emergency kit along with an evacuation plan and facilitates discussion about how to put it all together.



Discussion Questions

- 1 What type of container (rolling suitcase, backpack or plastic container) will you use and why?
- 2 What items are important to include in your kit (*refer to your Worksheet*)?
- 3 What special items do you need to think about for children or pets?
- 4 How will you label and where will you put your completed kit?
- 5 What is your evacuation plan?

Activities

- 1 The host displays his/her own emergency kit and contents.



Medications form
Cash in plastic bag
Supplies for 3–5 days

Care and hygiene items
Put kit in accessible place
Practice evacuation plan

Video 6

COMMUNITY SUPPORT

The host reviews the value of personal relationships in emergency preparedness and facilitates discussion about building connections in participants' communities.



Discussion Questions:

- 1 Do you know your neighbors or other people nearby (from favorite stores, bank, community center, school, etc.)?
- 2 Why is this important and how could it help you in an emergency?
- 3 Do you have someone (neighbor, friend, family) who can support you during an emergency? Can you think of others who could support you?
- 4 Have you asked them if they would help you? If no, when can you?
- 5 Do you know where the police and fire departments are?

WEBCAST CLOSING

Location: _____ Date: _____

1. How would you rate the **Feeling Safe, Being Safe** training session?
 Excellent Good Fair Poor

2. Are the tools helpful?
 Yes No

3. Do you feel prepared?
 Yes No

4. Was your website host helpful?
 Yes No

Comments: _____

5. Do you have suggestions about how to improve our webcast training?
Comments: _____

Thank You

The host will close the webcast training with a summary statement: **“Feeling Safe means taking action for Being Safe”** and asks each participant what he or she will do to complete the Worksheet, Magnet and kit when home (who will help?).

The host will answer any last questions and distribute evaluation forms that participants complete before leaving the webcast training session.

REMINDER TO HOST

Location: _____ Date: _____

1. How would you rate the **Feeling Safe, Being Safe** training session?
 Excellent Good Fair Poor

2. Are the tools helpful?
 Yes No

3. Do you feel prepared?
 Yes No

4. Was your website host helpful?
 Yes No

Comments: _____

5. Do you have suggestions about how to improve our webcast training?
Comments: _____

Thank You

After the training session, please complete the Host Summary Report email template on the Host Resource page and email to:

OHRAS@dds.ca.gov

If you prefer to use mail, send to:

Department of Developmental Services
Office of Human Rights & Advocacy
1600 9th Street
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