



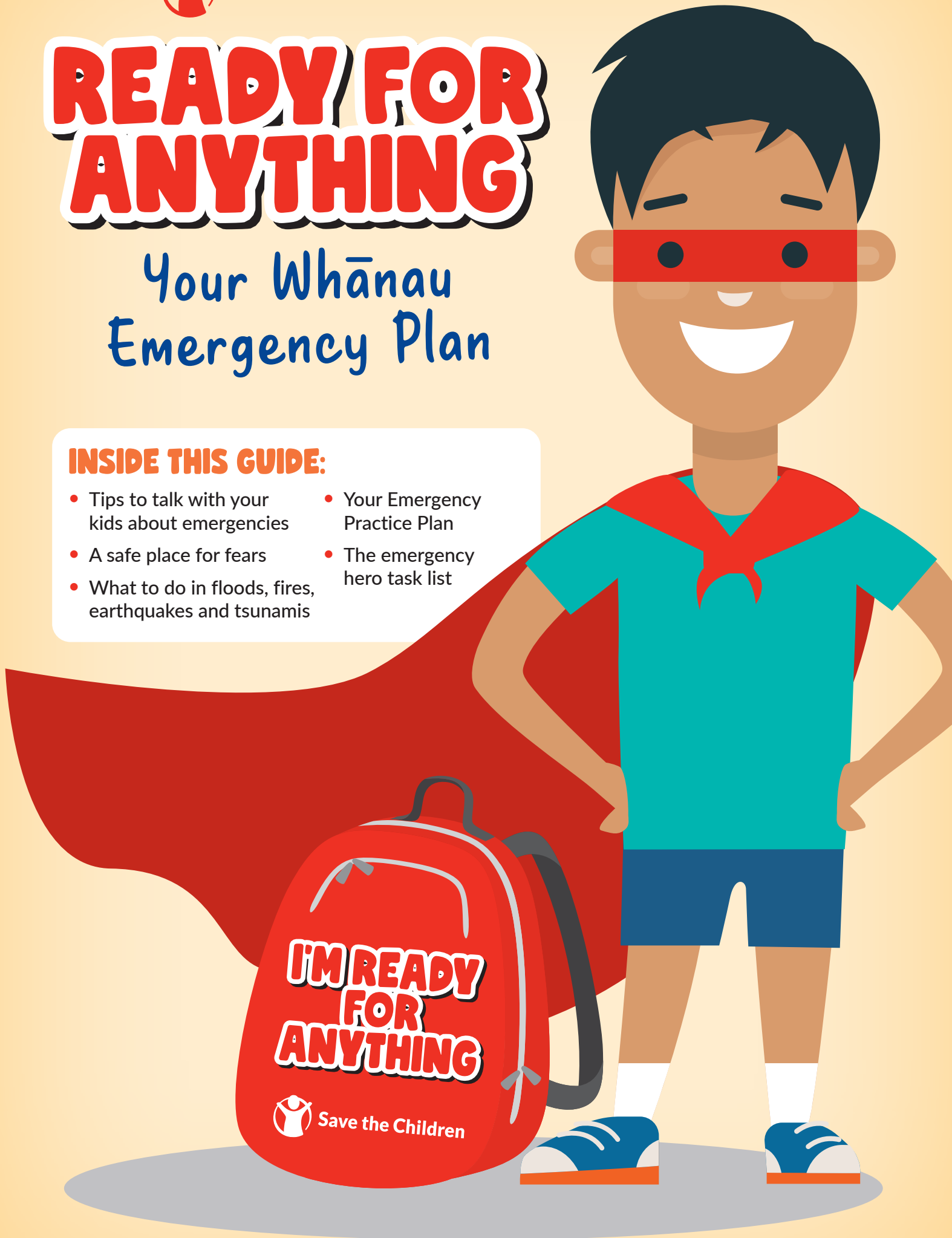
Save the Children

READY FOR ANYTHING

Your Whānau Emergency Plan

INSIDE THIS GUIDE:

- Tips to talk with your kids about emergencies
- A safe place for fears
- What to do in floods, fires, earthquakes and tsunamis
- Your Emergency Practice Plan
- The emergency hero task list



Emergencies are part of life.

Your Whānau Emergency Plan should be too.

Aotearoa is a beautiful place to grow up. But it's also prone to natural disasters, which are becoming more frequent and intense due to climate change.

You can't always predict when a flood or earthquake could affect your whānau. But you can help the tamariki in your life prepare, so they can stay safe and recover better afterwards.

Save the Children's work overseas shows that involving children in emergency preparedness helps them to make a positive difference when an emergency strikes, and recover better afterwards.



FIVE TIPS for talking with your children about emergencies.

- 1 Prepare them for the 'what ifs'**
Reassure tamariki that an emergency is a rare event but one that Kiwi families need to prepare for – so everyone knows what to do to stay safe and look after each other.
- 2 Teach them how to stay calm**
Focused breathing and visualisation exercises are great ways to help children manage their fears during and immediately after an emergency.
- 3 Give reassuring answers**
Tamariki might have questions about a scary situation they've seen on the news. Focus on how they can stay safe and which emergencies they're most likely to face in New Zealand.
- 4 Tell them they can be Emergency Heroes for their whānau**
They can start by helping to fill in your Whānau Emergency Plan, practising their emergency drills and getting their Go Bag ready.
- 5 Remind them there are people who can help**
A child might not be with parents when disaster strikes, so talk with your tamariki about reaching out to people like teachers, neighbours, friends, family and trained volunteers and workers.

A safe place for fears – here.

To tackle a fear, you need to get it out in the open!

Print out and fill in this **Activity Sheet** as a reminder of how you and your whānau can ease a stressful and scary situation with preparation.



If an emergency strikes, I am worried about:

Things our whānau can do to prepare:

Things I can do to prepare:

YOU'VE GOT THIS!

How you and your whānau can stay safe
in the most common emergencies.

FLOOD

Flooding is Aotearoa's most common disaster, and getting more common as our climate changes.

To prepare for floods, keep enough clean drinking water in your house and store food in air tight containers.

If flooding threatens your home, follow the official advice for your area and have your Go Bag ready to evacuate.

If there's time, move valuable and electrical items, turn off the power and gas, and check if your neighbours need help.



If you see rising water, your whānau and pets should get to higher ground as soon as possible. Avoid floodwater wherever possible, as it may be contaminated and make you sick.

Whenever water rises, get to higher ground and stay there. Never play in floodwater, or drink it.

FIRE

Thousands of fires break out in homes and buildings across New Zealand every year.

To prepare, your whānau should make a plan and practice how to escape your house safely if a fire breaks out.



If there's a fire, get out and stay out!

If you see fire in the room, smell smoke or hear a smoke alarm, you should:

- Get out of the building **FAST!**
- Shout **"Fire Fire Fire!"**
- Go to the agreed safe meeting place for your whānau or class.

TIP

[Click here](#) for activities, videos and games to help kids of all ages get firewise.

EARTHQUAKE

Aotearoa sits above many faultlines in the Earth's surface, which makes it prone to earthquakes.

So it's vital you and your whānau know the earthquake drill, and how to change it if you need to.



If you're alone, head to your safe spot and stay there.



1. **DROP** down on your hands and knees before you can fall.
2. Take **COVER** under a strong table or doorframe if you can. Use your arms and hands to cover yourself if there's no shelter nearby.
3. **HOLD** on to your shelter or position until the shaking stops and it is safe to leave the building.

TSUNAMI

A long or powerful earthquake can trigger a series of massive waves, known as a tsunami.

If you live or are staying along New Zealand's coastline, you must get to higher ground as soon as it's safe to do so after an earthquake.

To prepare, learn and practise your evacuation route or 'tsunami hīkoi': a walk that takes you on the safest route either inland or towards high ground.

Think about how you'll get there – whether it's by foot, bike or wheelchair.

Remember,
long or strong,
get gone!



TIP

Visit this [NZ government website](#) to see if you live in a tsunami evacuation zone and the safe places to go if of a tsunami hits.

PLANNING: YOUR EMERGENCY HERO TASK LIST



- Find the safe shelters in your community
- Scout out the best meeting point for your whānau
- Write down three emergency phone numbers
- Make exit plans for your pets
- Fill a Go Bag with survival basics
- Stock up on canned food in case you need to shelter in place
- Practice the drills for floods, fires, earthquakes and tsunamis



Print out the next page and fill it in with your whānau. Then display it somewhere you'll see it every day as a reminder!



Kiwi kids are **SUPER HEROES!**

Nine-year-old Super Millie knows all children can be superheroes during emergencies, because she helped kids and families get through lockdowns and COVID-19.

[Watch her video to see how!](#)



YOUR EMERGENCY PRACTICE PLAN

Emergency plan by: _____

Our closest safe shelter is: _____

Our nearest high point is: _____

If there is a fire in the house, the best way to escape is:

If I get separated from my whānau I will meet them at:

These are the best numbers to phone for help:

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

Our plan for our pets is: _____

My 'Grab Bag' is stored here: _____



We hope you enjoyed working
together to create your

WHĀNAU EMERGENCY PLAN!



LIKE TOKASA, YOU'RE BRAVE AND READY FOR ANYTHING.

Tokasa lives in Fiji, where climate change is causing sea levels to rise and making natural disasters like cyclones more intense.

Like many children here, Tokasa is anxious about these growing environmental threats to her home, her family – and her own future.

But thanks to Save the Children and our supporters, Tokasa is now empowered to make a difference.

As a member of her local Disaster Risk Reduction Club, she's helping everyone in her community to better prepare for, respond to and recover from disasters. Tokasa said:

"Children like me can be leaders, educators and agents of change for disaster resilience."

Each year, with the help of our supporters, Save the Children reaches millions of children affected by conflicts, disease, floods, and cyclones.



Save the Children

To learn more about our work, visit www.savethechildren.org.nz



Save the Children

READY FOR ANYTHING

My 'Go Bag' Checklist

- Toothbrush 
- Socks and undies 
- Torch 
- My favourite toy 
- A warm jumper 
- Snacks such as trail mix or muesli bars 
- PJs 
- Medicines 
- A water bottle 
- Passport 
- Cell phone or tablet and a charger 
- Money 

Packed and ready?

Don't forget to add your free, scannable Save the Children Bag Tag with all your emergency contact details.

Then store your 'Go Bag' somewhere in your house where you can easily grab it and go!

