

DRAFT

CHILDREN'S WORKBOOK

ON

DISASTER MANAGEMENT

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1. INTRODUCTION

This handbook is designed to help you, Fiji's school children, prepare for disasters that occur often in our country: cyclones, floods, landslides, and fire; and for those disasters that are not so common: earthquakes and tsunamis.

The exercises and drills in the handbook encourage you to actively participate in preparing your class and your school for disaster management. The appendices explain each disaster, and can be used as references when doing the exercises.

As usual, your teachers will help you and supervise your work at school. Ask your parents to help you also.

2. CLASSROOM ACTIVITIES & EXERCISES ON DISASTERS

A. A “Disaster Corner”

Help your Teacher create a “Disaster Corner” in your classroom, which should have a clear wall to put emergency directions on. It is also where you, your classmates and the Teachers put up posters, and post explanations of different types of disaster that happen in Fiji.

B. Group Work

- * Discuss the following in groups or in class and write your answers on a piece of newsprint or on paper to give your Teacher.
- * If your group has access to a computer, you should type up your answers. Otherwise, your Teacher will be responsible for having this typed up and copied.
- * Post a copy at the “Disaster Corner”.

1. Emergency Kit

- What is an emergency kit? Do you know what it looks like?
- Do you know where an emergency kit is kept? Is it in your classroom? Is it in the sick-bay?
- Is your teacher or any other teacher responsible for keeping the kit in good order?
- Does the kit include water and food?
- What else should be included in the kit?

2. Earthquakes

EARTHQUAKES are sudden, striking with little or no warning. Be prepared in case it happens!

1. Do earthquakes occur in or near your school? What are the safest places in your classroom?
2. What do you do during an earthquake?
 - What would you do if you are in the classroom?
 - What would you do if you are outdoors?
3. What would you do after an earthquake?

3. Cyclones

CYCLONES occur regularly in Fiji. They can be very loud and scary. Be prepared for cyclones!

1. What is a cyclone? Have you ever experienced a cyclone?
2. What do you do during a cyclone?
3. What do you do after the cyclone?

4. Floods

FLOODS affect many low-lying places near rivers and streams. Are you prepared for floods?

1. What do you know about floods in the area where your school is?
2. What do you do during a flood?
3. What do you do after floods?

5. Landslides

LANDSLIDES have warning signs. Do you know what these signs are?

1. Have landslides occurred near your school or your home?
2. What do you do during a landslide?
3. What do you do after a landslide?

6. Fire

FIRES can be accidental or are started deliberately. Do you know the safety rules for fires?

1. What do you do if a fire starts in your classroom?
2. What fire prevention equipment is in your school?
 - Do you know where the fire alarm is?
 - Do you know where the fire extinguishers are?
 - Do you know how to operate a fire extinguisher?
 - Where is the nearest fire hydrant?
3. What do you do after a fire?

F. Tsunami

TSUNAMIS often happen suddenly. Do you know the warning signs of a tsunami?

1. Why does a tsunami happen?
2. What would you do if a tsunami happens?
3. What would you do after a tsunami?

3. OTHER ACTIVITIES

A. Essay writing

1. Take any of the six disasters – i.e. Earthquake, Cyclone, Flood, Landslide, Fire, or Tsunami – and discuss with other classmates or with your teacher.
2. Use the appropriate appendix (at the back of this handbook) and your school library to find out more about your chosen topic. If you have access to a computer, you may be able to use the Internet for more research. Take notes for your essay.
3. Write an essay on your topic.
4. Submit to your Teacher for marking.

[The Teacher will submit the best essay – on each topic – to the National Disaster Management Unit for consideration at the National Essay Competition]

B. Drama or Skit

Your Teacher will ask if you or a group of you can write out a drama, a skit or a mime on a disaster topic. She or he will give you the time to prepare.

Consider the following:

1. What do you know of your chosen topic? (Use the appropriate appendix at the back of this handbook. Can you learn more from the school library or the internet?)
2. Study other dramas, skits and mimes to see how they are put together.

3. Remember, a drama is longer than a skit or a mime, with 2 or more scenes.
4. A skit or a mime is usually very short.
5. Who are the good actors/actress or quick studies in your class? Ask them to participate in your drama, skit or mime.

C. Poems, Chants, Songs and *Meke*

1. You teacher will ask you to write a poem about preparations for a hurricane (or another type of disaster), or a poem about happenings during a disaster, or one on cleaning up.
2. The teacher will ask you or a group of you to create a chant, a song or a *meke* about any of the disasters. Your teacher will be able to give you existing chants, songs and *meke* which you can use as models.

4. DRILLS

A. Earthquake Drill

At the first sign of shaking

1. Inside the classroom:

- Practice the **Drop, Cover, and Hold** drill:

Drop to the ground.

Take **Cover** by getting under a sturdy table or other piece of furniture.

Hold on until the shaking stops.

2. Outside the classroom:

Move into the open, away from buildings, fences, trees, tall playground equipment, utility wires, and street lights.

Kneel or sit on the ground and cover your head and face with your hands. Once in the open, **stay there until the shaking stops**.

B. Fire Drill

- **Stop, drop, and roll! Cool and call. Stop! - Do not run!**
 - **Drop!** - Drop to the ground right where you are.
 - **Roll!** - Roll over and over to put out the flames.
 - Cover your face with your hands.
 - **Cool** - Cool the burned area with water.
 - **Call** - Call for help.

B. Evacuation Drill

Your Teacher will lead the evacuation of your classroom and school building.

DO NOT PANIC.

DO NOT PUSH.

LISTEN TO YOUR TEACHER'S DIRECTIONS.

After leaving Building; there are 3 things you should do:

1. **Immediate Area Threat.** Leave building and gather in the safe place your teacher directs you to.
2. **More Widespread Threat.** Leave building and neighborhood, to a place your teacher directs you to. He/she will have transport arranged.
3. **Major Evacuation.** Leave building and evacuate a larger area that your teacher will direct you to. Teachers will organize transportation and drivers.

6. References

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7. Appendices:

1. Tropical Cyclones: Natural Hazards in the Pacific – Fact Sheet 1: SOPAC
2. Cyclone – National Disaster Management handout
3. Earthquakes: Natural Hazards in the Pacific – Fact Sheet 2: SOPAC
4. Earthquake – National Disaster Management handout.
5. Tsunami: Natural Hazards in the Pacific – Fact Sheet 3, SOPAC
6. Tsunami – National Disaster Management Handout
7. Landslides: Natural Hazards in the Pacific – Fact Sheet 4, SOPAC
8. Landslides: National Disaster Management Handout
9. River Floods – Natural Hazards in the Pacific – Fact Sheet 6, SOPAC
10. Flood: National Disaster Management Handout.
11. Civil Defence Procedures and Survival Guide