



# FREE Virtual Preparedness Training

## Youth Preparedness

The Red Cross offers free youth preparedness courses and programs to help children develop the skills and confidence they may need in an emergency. We work closely with schools, scout groups, and youth-serving organizations to raise awareness of disaster risk and build resilience among young people.

These programs help identify the best ways to prevent and stay safe during home fires and other emergencies that can occur in their communities.

- Use coping skills to help manage stress during emergencies and in everyday situations.
- Gain confidence in their abilities to be prepared for emergencies through hands-on activities.
- Use their knowledge to act as advocates for emergency preparedness in their homes and communities.
- Discuss the role of science in emergency preparedness.

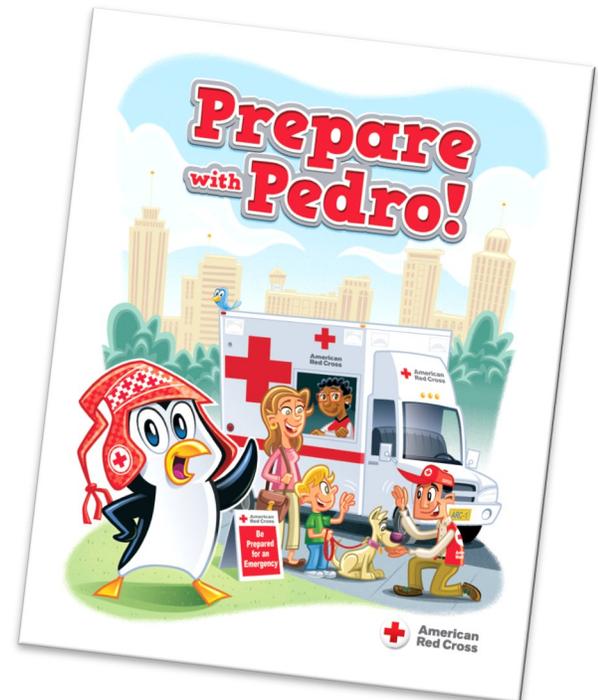


## The Pillowcase Project

The Pillowcase Project is an interactive preparedness program designed for children in grades 3 through 5. The program aims to increase awareness and understanding of natural hazards, teach safety and emotional coping skills, as well as the importance of personal preparedness. Through the presentation, students learn the best ways to stay safe and how to create their own emergency supply kits by packing essential items in a pillowcase for easy transport during an emergency. Students will receive a digital workbook and will be encouraged to decorate and personalize their pillowcases and share what they've learned with friends and family.

## Prepare with Pedro

Prepare with Pedro is a preparedness education program for children in Kindergarten through second grade. This program teaches students how to BE PREPARED and TAKE ACTION for either home fires or a local hazard. Prepare with Pedro compliments The Pillowcase Project in scope and mission, by reading a story featuring a penguin named Pedro. Students learn coping skills and receive a digital storybook to share what they have learned.





# American Red Cross

## Northern New England Region

## Community Preparedness and Educational Programs

### Be **Red Cross** Ready

This national, standardized, preparedness education curriculum for adults and older youth is taught by certified presenters. The program is designed to help people understand, prepare for and respond appropriately to disasters. People will build confidence by learning simple steps they can take now to help prepare and protect their family.

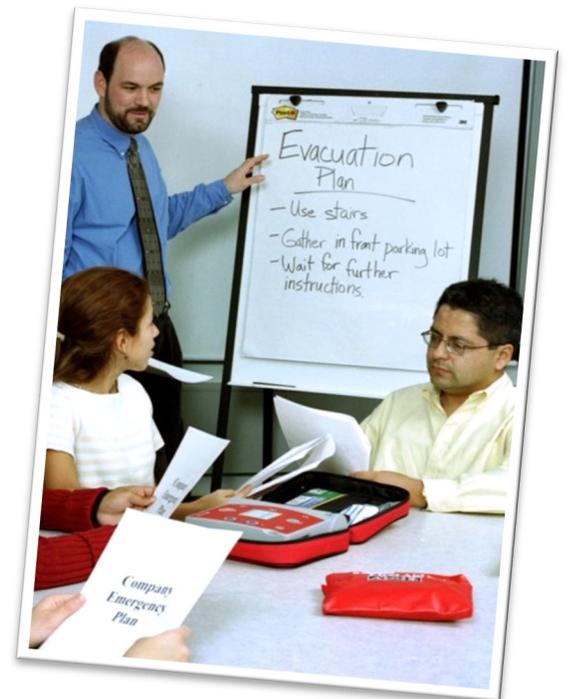
The curriculum has the option to mix and match emergency preparedness modules on relevant local hazards for your community. These modules include: Preparedness Essentials, Home Fires, Hurricanes, Earthquakes, Floods, Tsunamis, Tornadoes, Wildfires, Extreme Heat, Thunderstorms, Winter Storms, Volcanoes and Landslides. Preparedness for Older Adults and COVID 19.



### Ready Rating

This easy, web-based membership program helps businesses, schools and organizations become better prepared for disasters and other emergencies. It allows organizations to use one of two proprietary assessments to measure their current state of preparedness. Then based on their own score, the program provides a Next Steps Report which helps them develop a complete Business Continuity Program. Ready Rating helps members get better prepared with these five manageable and important steps:

1. Commit to preparedness
2. Emergency Planning
3. Facilities and Equipment
4. Training and Exercises
5. Extended Community



To learn more about these trainings or to schedule a presentation, visit [RedCross.org/NNE](https://RedCross.org/NNE) or contact [NNEPreparedness@redcross.org](mailto:NNEPreparedness@redcross.org)