



A CHILDREN'S GUIDE TO COPING WITH DISASTERS

Presented by Military & Family Life Counselors

WHAT YOU WILL LEARN TODAY

Today you will learn:

- How disasters can affect you
- What you can do to help yourself and others feel better



AGENDA

- What is a Disaster?
- How Disasters Affect Us
- What You Need to Know
- What You Can Do
- What You Learned Today



WHAT IS A DISASTER?

- A disaster is an event that happens suddenly and brings with it a lot of damage, loss or destruction
- There are many different kinds of disasters
 - Some are predictable and are caused by the weather - like tornados, hurricanes and floods
 - Others, like earthquakes, are not predictable



HOW CAN DISASTERS AFFECT US?

Sometimes homes, schools and other buildings are damaged

- You may have lost your home and belongings
- You may have to live in a temporary location and feel out of place, uncomfortable and frustrated
- You may have to go to school in a temporary location as well



HOW CAN DISASTERS AFFECT US?

CONTINUED

- The disaster may leave you feeling scared, angry, sad - or you may just feel numb
- You may be afraid that something bad will happen again
- Even if you were just near the disaster and not directly in it, you can still feel scared, angry and sad



WHAT YOU NEED TO KNOW

- You are not alone
- Things will return to normal
- All of your feelings are normal and ok
- It's ok to cry - It's even ok to be happy
- Even if you can't go home, you can still settle into a new routine at your new location
- You have handled problems before, and you have what it takes to handle this one too



WHAT YOU CAN DO

- Use your support system
- Talk about it with parents, other relatives, teachers and friends
- Find appropriate ways to express your feelings
- Don't be afraid to ask questions
- Let your parents, teachers or other adults know if you feel scared, angry or sad



WHAT YOU CAN DO

CONTINUED

- Spend time with friends
- Help others
- Do some deep breathing to calm yourself down
- Stay busy
- Avoid watching TV shows or looking at pictures of the disaster



WHAT YOU'VE LEARNED TODAY

- You are not alone!
- Things will get back to normal
- You can find positive ways to express your feelings
- Be sure to ask your parents, teachers and other trusted adults for help if you are feeling sad, angry or scared
- Remember, you can have lots of different feelings at the same time





QUESTIONS?



RESOURCES

- Military Family Support Services
- Chaplain and Local Clergy
- Military OneSource (800) 342-9647
- TRICARE www.Tricare.mil
- Behavioral Health Services



REFERENCES

- Helping Children After a Natural Disaster: Information for Parents and Teachers, National Association of School Psychologists Resources, http://www.nasponline.org/resources/crisis_safety/naturaldisaster_ho.aspx
- Helping Children Cope with Natural Disasters, Elberta Middle Elberta, AL, <http://www.elbertamiddle.com/?PageName=LatestNews&Section=Highlights&ItemID=77234&ISrc=School&Itype=Highlights&SchoolID=21>
- Coping With a Traumatic Event, Emergency Preparedness and Response, <http://www.bt.cdc.gov/masscasualties/copingpub.asp>





THANK YOU