



# Teaching Guide

Help young people learn about the hazards in BC and how they can prepare for emergencies and disasters.

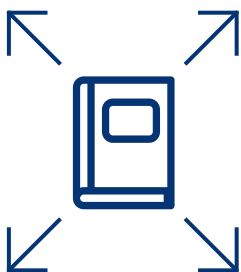


Aligns with  
BC Curriculum

# CURRICULAR ALIGNMENT

Master of Disaster aligns with the BC Curriculum for **Physical and Health Education** in grades 4 to 8. The program can also be adapted for other grades and audiences.

<b>GRADE</b>	<b>CURRICULAR COMPETENCIES - SOCIAL &amp; COMMUNITY HEALTH</b> Students will be able to do the following...	<b>CONTENT</b> Students will know the following...
<b>4</b>	<ul style="list-style-type: none"> <li>Identify and describe avoidance or assertiveness strategies to use in unsafe situations</li> <li>Describe and apply strategies that promote a safe and caring environment</li> </ul>	<ul style="list-style-type: none"> <li>Strategies and skills to use in potentially hazardous or unsafe situations</li> <li>Preventing communicable and non-communicable illnesses</li> </ul>
<b>5</b>	<ul style="list-style-type: none"> <li>Identify and describe strategies for avoiding and/or responding to potentially unsafe situations</li> <li>Describe and apply strategies that promote a safe and caring environment</li> </ul>	<ul style="list-style-type: none"> <li>Strategies to protect themselves and others from potential harm in a variety of settings</li> <li>Practices that promote health and well-being, including those that prevent communicable and non-communicable illnesses</li> </ul>
<b>6 &amp; 7</b>	<ul style="list-style-type: none"> <li>Identify and describe strategies for avoiding and/or responding to potentially unsafe situations</li> <li>Explore strategies for promoting the health and well-being of the school and community</li> </ul>	<ul style="list-style-type: none"> <li>Basic principles for responding to emergencies</li> <li>Strategies to protect themselves and others from potential harm in a variety of settings</li> </ul>
<b>8</b>	<ul style="list-style-type: none"> <li>Propose strategies for avoiding and/or responding to potentially unsafe situations</li> <li>Create strategies for promoting the health and well-being of the school and community</li> </ul>	<ul style="list-style-type: none"> <li>Basic principles for responding to emergencies</li> <li>Strategies to protect themselves and others from potential harm in a variety of settings</li> </ul>



## CURRICULAR EXTENSIONS

The program content can be extended into other areas of BC's curriculum, including science, social studies and career education. See our website for suggestions and activities.



## STEP 1: KNOW YOUR HAZARDS

LESSON SUMMARY	RESOURCE MATERIAL
<ul style="list-style-type: none"><li>• Key terms, like hazard, emergency and disaster</li><li>• The Top 10 hazards in BC</li><li>• Indigenous oral traditions about natural hazards</li><li>• Identifying unique hazards and important risks in your area</li></ul>	<ul style="list-style-type: none"><li>• Get Ready Guide (pgs 1-32).</li></ul>

PREPARATION (20-30 MINUTES)	TEACHING (45-60 MINUTES)
<p><b>REQUIRED</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Notify caregivers prior to teaching the program. Send home <i>Letter Home 1: Program Notice</i> (available in .doc format on our website).</li><li><input type="checkbox"/> Review lesson material. Read through pgs 1-32. Set all other resources and gift items aside.</li><li><input type="checkbox"/> Review activities. This lesson concludes with 3 activities (pgs 28-32).</li><li><input type="checkbox"/> Locate supplies. Learners will require markers or pencil crayons for drawing.</li></ul> <p><b>RECOMMENDED</b></p> <p>➤ Visit our website to:</p> <ul style="list-style-type: none"><li>• Refresh your knowledge of the Top 10 hazards in BC.</li><li>• Review our Media Library for multimedia resources to include in your lesson.</li><li>• Learn about important hazards for your area (see Top Hazards by Region Map).</li><li>• Review additional activities and opportunities to extend the lesson.</li></ul>	<p><b>SUGGESTIONS</b></p> <ul style="list-style-type: none"><li>➤ Define key concepts. Define a hazard, an emergency and a disaster. Brainstorm natural and human-caused hazards.</li><li>➤ Review the Top 10 hazards. Review each hazard together or place learners into groups and have each group present a hazard.</li><li>➤ Explore Indigenous knowledge. Read the Indigenous stories and perspectives as a group (pgs 24-27).</li><li>➤ Identify unique hazards. Every community is different. Brainstorm other hazards important to where you live.</li><li>➤ Complete activities. First, ask learners to rank the hazards by relevance to their community and review what they know about their top 3 hazards (pg 29). Second, invite learners to map their local hazards and other hazards across BC (pg 30). Third, have learners quiz each other in pairs using the Disaster Catcher game (pg 32).</li></ul>



KNOWLEDGE CHECK

### During the lesson, help learners to:

- Identify and describe the Top 10 hazards in BC, as well as other hazards unique to where they live. Learners need to know what to prepare for!
- Describe and apply ways to prepare for and respond to each of these hazards during an emergency.



## STEP 2: GATHER YOUR SUPPLIES

LESSON SUMMARY	RESOURCE MATERIAL
<ul style="list-style-type: none"><li>• Home Emergency Kits</li><li>• Grab-and-Go Bags</li></ul>	<ul style="list-style-type: none"><li>• Get Ready Guide (pgs 33-42).</li><li>• Grab-and-Go Game poster</li><li>• Grab-and-Go Game emergency supply cards</li><li>• Cinch bags &amp; starter emergency supplies</li></ul>

PREPARATION (20-30 MINUTES)	TEACHING (45-60 MINUTES)
<p><b>REQUIRED</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Review lesson material. Read through pgs 33-42.</li><li><input type="checkbox"/> Review activity. This lesson concludes with 1 group activity (pg 42).</li><li><input type="checkbox"/> Locate supplies. Learners will require markers or pencil crayons for drawing. You'll need tape or pins to hang up the poster.</li></ul> <p><b>RECOMMENDED</b></p> <ul style="list-style-type: none"><li>➤ Set an example. Bring in your own Grab-and-Go Bag or Home Emergency Kit to use as a model.</li><li>➤ Visit our website to:<ul style="list-style-type: none"><li>• Find more information about gathering supplies.</li><li>• Review additional activities and opportunities to extend the lesson.</li></ul></li></ul>	<p><b>SUGGESTIONS</b></p> <ul style="list-style-type: none"><li>➤ Define key concepts. Explain the importance of having quick access to supplies. Define Home Emergency Kit and Grab-and-Go Bag.</li><li>➤ Explore Home Emergency Kits. Emphasize that Home Emergency Kits are used at home during specific emergencies that may require staying at home. Ask learners to write or draw items they'd include in their Home Emergency Kit. Then, review the 3 steps to building a Home Emergency Kit, including a list of necessary items. Invite learners to consider their unique needs.</li><li>➤ Explore Grab-and-Go Bags. Emphasize that Grab-and-Go Bags are used away from home during specific emergencies that may require evacuation. Ask learners to write or draw items they'd include in their Grab-and-Go Bag. Review the 3 steps to building a Grab-and-Go Bag, including a list of necessary items. Invite learners to consider their unique needs. When learners have completed this section, distribute the cinch bags and emergency items so they can begin to build their own Grab-and-Go Bag.</li><li>➤ Complete activity. As a group, play the Grab-and-Go Game. Learners choose between sets of items, deciding which item to include in the Grab-and-Go Bag. Correct items are mounted on the poster to create an informational diagram. More detailed instructions, and an answer key, are available on our website.</li></ul>



KNOWLEDGE CHECK

### During the lesson, help learners to:

- Describe the purpose and components of a Home Emergency Kit and how to apply this knowledge at home.
- Describe the purpose and components of a Grab-and-Go Bag and how to apply this knowledge at home.



## STEP 3: MAKE YOUR PLAN

LESSON SUMMARY	RESOURCE MATERIAL
<ul style="list-style-type: none"><li>• Home Emergency Plans</li><li>• Emergency Meeting Places</li><li>• Emergency Contacts</li><li>• Sources of reliable emergency information</li></ul>	<ul style="list-style-type: none"><li>• Get Ready Guide (pgs 43-55).</li><li>• Fill-in-the-blanks Home Emergency Plan</li></ul>

PREPARATION (20-30 MINUTES)	TEACHING (45-60 MINUTES)
<p><b>REQUIRED</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Review lesson material. Read through pgs 43-55.</li><li><input type="checkbox"/> Review activities. This lesson concludes with 1 activity (pg 53).</li><li><input type="checkbox"/> Investigate local sources of emergency information. To support the lesson, explore local sources of reliable emergency information. For example: your town or city, your regional district, your band council, or your local fire department.</li><li><input type="checkbox"/> Locate supplies. Students will require markers or pencil crayons to complete activities.</li><li><input type="checkbox"/> Notify caregivers after teaching the program. Send home <i>Letter Home 2: Emergency Plan Introduction</i> (available in .doc format on our website).</li></ul> <p><b>RECOMMENDED</b></p> <ul style="list-style-type: none"><li>➤ Visit our website to:<ul style="list-style-type: none"><li>• Learn more about Home Emergency Plans.</li><li>• Review additional activities and opportunities to extend the lesson.</li></ul></li><li>➤ Print and prepare Master of Disaster Certificates of Completion (available in .pdf format on our website). Distribute these to learners after the lesson.</li></ul>	<p><b>SUGGESTIONS</b></p> <ul style="list-style-type: none"><li>➤ Introduce key concepts. Define Home Emergency Plan and emphasize they are created by entire households working together.</li><li>➤ Explore Emergency Meeting Places. Emphasize the importance of having one close to home and one further away. Invite learners to draw maps from their home to each of their choices. Encourage learners to discuss their ideas at home.</li><li>➤ Explore Emergency Contacts. Emphasize the importance of having one nearby and one far away. Invite learners to write down their contacts and discuss their ideas at home.</li><li>➤ Explore sources of information. Emphasize the importance of knowing where to turn for reliable information during an emergency. Invite learners to explore local sources of information, including radio and social media channels. Introduce EmergencyInfoBC.</li><li>➤ Complete activity. Have learners complete their My Emergency Plan poster. Posters can be taken home and hung on the fridge.</li><li>➤ Distribute Home Emergency Plans. Conclude by providing each learner with a fill-in-the-blanks Home Emergency Plan. Have learners complete the first page of the book to share what they've learned. Distribute <i>Letter Home 2</i> to tuck inside the Home Emergency Plan and ask students to bring both items home to the adults they live with.</li></ul>



KNOWLEDGE CHECK

### During the lesson, help learners to:

- Describe the purpose and components of a Home Emergency Plan.
- Identify and describe 2 Emergency Meeting Places and 2 Emergency Contacts.
- Identify and describe sources of reliable information during an emergency, including local and provincial/federal sources.

# ADDITIONAL RESOURCES

## GENERAL PREPAREDNESS

### GOVERNMENT OF CANADA

Get Prepared: [getprepared.gc.ca](http://getprepared.gc.ca)

### FIRST NATIONS' EMERGENCY SERVICES SOCIETY

Emergency Support for First Nations: [fness.bc.ca](http://fness.bc.ca)

## AVALANCHES

### AVALANCHE CANADA

Youth Education: [avalanche.ca/youth](http://avalanche.ca/youth)

### REVELSTOKE MUSEUM & ARCHIVES

Land of Thundering Snow Virtual Museum:  
[landofthunderingsnow.ca](http://landofthunderingsnow.ca)

## EARTHQUAKES

### NATURAL RESOURCES CANADA

Earthquakes Canada:

[earthquakescanada.nrcan.gc.ca](http://earthquakescanada.nrcan.gc.ca)

### UNITED STATES GEOLOGICAL SURVEY

Science Resources: [usgs.gov/science](http://usgs.gov/science)

## DISEASE OUTBREAKS

### BC CENTRE OF DISEASE CONTROL

Health Info: [bccdc.ca/health-info](http://bccdc.ca/health-info)

## FLOODS

### RIVER FORECAST CENTRE

Flood Advisories: [bcrfc.env.gov.bc.ca/warnings](http://bcrfc.env.gov.bc.ca/warnings)

## HAZARDOUS MATERIAL SPILLS

### BC ENVIRONMENTAL PROTECTION

Environmental Emergency Program:

[gov.bc.ca/environmental-emergency-program](http://gov.bc.ca/environmental-emergency-program)

## LANDSLIDES

### PREPARED BC

Landslide Info: [preparedbc.ca/landslides](http://preparedbc.ca/landslides)

## POWER OUTAGES

### BC HYDRO

Power Smart: [bchydro.com/safety-outages](http://bchydro.com/safety-outages)

## SEVERE WEATHER

### GOVERNMENT OF CANADA

Canadian Weather: [weather.gc.ca](http://weather.gc.ca)

### CANADA SCIENCE & TECHNOLOGY MUSEUM

Weather Wise Exploration Guide:

[ingeniumcanada.org/education/virtual-programs/weather-wise](http://ingeniumcanada.org/education/virtual-programs/weather-wise)

## TSUNAMIS

### OCEAN NETWORKS CANADA

Learning Resources: [oceannetworks.ca/learning](http://oceannetworks.ca/learning)

## WILDFIRES

### BC WILDFIRE SERVICE

BC Firesmart Program: [gov.bc.ca/firesmart](http://gov.bc.ca/firesmart)

## ALL HAZARDS

### ROYAL BC MUSEUM

BC Archives: [search-bcarchives.royalbcmuseum.bc.ca](http://search-bcarchives.royalbcmuseum.bc.ca)

# HELPING YOUTH COPE WITH EMERGENCIES

Emergencies and disasters can be scary, especially for youth who have experienced a traumatic event. For mental health information, including resources on stress and anxiety, consider the following:

### CANADIAN PSYCHOLOGICAL ASSOCIATION

Responding to Emergencies & Disasters: [cpa.ca/public/emergencies/resources](http://cpa.ca/public/emergencies/resources)

### CANADIAN PAEDIATRIC SOCIETY

Helping Children & Teens Cope with Stressful Public Events: [caringforkids.cps.ca/handouts/disaster](http://caringforkids.cps.ca/handouts/disaster)

### CANADIAN MENTAL HEALTH ASSOCIATION

Here to Help Plain Language Series: [heretohelp.bc.ca/plainer-language-series](http://heretohelp.bc.ca/plainer-language-series)

### BC CHILDREN'S HOSPITAL, KELTY MENTAL HEALTH RESOURCE CENTRE

Resource Library: [kelytmentalhealth.ca/resources](http://kelytmentalhealth.ca/resources)



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