



S.A.V.E.S.
PROJECT



**Emergency
Preparation**

KIDS

Welcome to the S.A.V.E.S Project!

We are dedicated to upholding the dignity of every individual we serve. Our commitment extends to continuously improving our tools, training, and technology to address the day to day needs of our communities. Together, we strive to create a future where the needs of every individual are fully met.

Brenna

President and Co-Founder of
The S.A.V.E.S Project



Preparation

Emergency preparedness for kids should focus on simple, calm, repeatable actions that build confidence—not fear. The goal is helping kids know what to do, who to trust, and how to stay safe until help arrives.

First Responders are community helpers!

In an emergency, call **911**



FOR
KIDS

Community Helpers

Doctor



Firefighter



Police Officer



Teacher



Know

Kids should know their full name, parent or caregiver names, home address, and at least one phone number.

Know who safe helpers are:

- Police officers
- Firefighters
- Paramedics
- Teachers and school staff
- Crossing guards or uniformed workers
- Know that it is okay to ask for help when scared, lost, or confused
- Know that emergencies are not your fault

FOR
KIDS

Time to Practice!

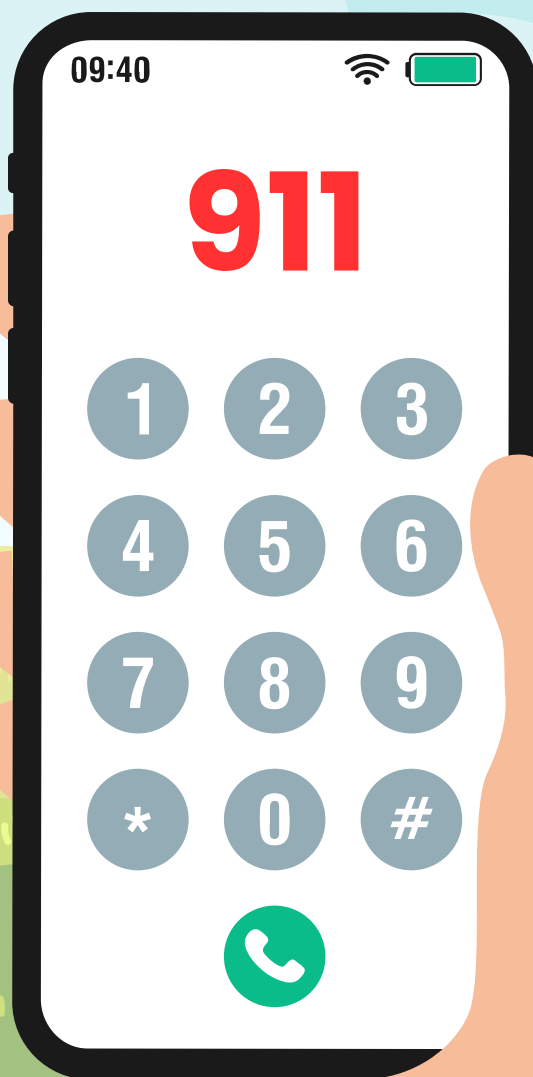
Practice with your child BEFORE an emergency occurs!

What is your address?

What is your phone number?

What is your Mom's name?

What is your Dad's name?



Practice

Practice common emergencies the same way you practice fire drills.

Repetition

reduces panic. Go over what to do during a fire, severe weather, power outage, or if they get separated from a trusted adult in public.

- Practice fire drills at home
- Practice where to meet outside after an emergency
- Practice what to do if you get separated in a store or public place
- Practice listening to instructions from adults and helpers
- Practice staying calm instead of running or hiding
- Practice during calm times so it feels familiar
- Practice using simple words to explain what happened

FOR
KIDS

Calling 911

Know to say:

- Your name
- Where you are
- What happened
- Know to stay on the phone until told to hang up
- Know it is okay if you feel scared or cry
- Know you will not get in trouble for calling for help



I am a
Dispatcher!

Call

Teach kids how and when to call 911. Explain what an emergency is in clear terms. Practice saying their name, where they are, and what happened. Reinforce that calling for help is never “getting in trouble.”

Know what an emergency is:

- Someone is hurt
- Someone cannot wake up
- There is a fire
- Someone is in danger
- Know how to dial 911 on a phone
- Know that you can call even if the phone is locked
- Know to speak slowly and clearly

FOR
KIDS

Fire Safety

Get out, stay out!

- Do not hide
- Stay low
- Family meeting place



Do NOT play
with Fire!



Fire can hurt you if
you're not careful.



Fire Safety

Kids should know how to get out fast, stay low under smoke, and never hide. Teach **stop, drop, and roll** for clothing fires. Set a family meeting spot outside and practice going there without going back inside.

- Know to get out of the house right away if there is a fire
- Know not to hide in closets, under beds, or in bathrooms
- Know to stay low if there is smoke
- Know to feel doors before opening them
- Know to use stairs, not elevators
- Know stop, drop, and roll if clothes catch fire
- Know where your family meeting place is outside
- Know not to go back inside for toys, pets, or belongings
- Know to wait for firefighters or adults to say it is safe

FOR
KIDS

Stranger Safety



**Never talk
or go with
a stranger!**
Shout if you
feel scared.



**Never get in an
unknown car
with a stranger!**
Even if they say they will
take you to your parents.



Stranger Safety

Teach that most adults are safe, but kids should check first. If they feel scared or lost, they should find a uniformed worker or a parent with children and ask for help. Emphasize listening to their instincts.

Know not to go with someone you do not know

- Know to check with a parent or trusted adult first
- Know to say no and get away if something feels wrong
- Know to find safe helpers if lost:
 - Police officer
 - Store employee
 - Parent with kids
- Know it is okay to be loud if scared
- Know secrets about safety should always be told
- Know trusting your feelings is important

Weather Safety

Explain where to go during storms in simple language. Tornado or severe wind means going to a basement or interior room. Lightning means going indoors. Cold weather means dressing in layers and staying dry.

- Know the difference between regular rain and dangerous storms
- Know where to go during a tornado or strong wind:
 - Basement
 - Inside room with no windows
- Know to stay away from windows during storms
- Know to go indoors during lightning
- Know not to touch water or electronics during storms
- Know to dress warm in cold weather
- Know to stay dry to avoid getting sick
- Know weather alerts are meant to protect you

Remaining Calm

Teach kids that staying calm helps everyone. Slow breathing, listening to instructions, and staying with trusted adults are powerful safety tools. Reinforce that emergencies end and help is on the way.

- Know feeling scared is normal
- Know taking slow breaths can help
- Know staying calm helps you think
- Know listening is important during emergencies
- Know staying with trusted adults keeps you safe
- Know emergencies do not last forever
- Know help is on the way
- Know you did the right thing by staying safe

Helpful Teaching Tips

- Use visual schedules or picture cards
- Use the same words every time
- Keep instructions short and concrete
- Avoid metaphors or confusing phrases
- Pair learning with routine and repetition
- Praise effort, not perfection
- Review often, even when nothing is wrong

