

BE YOUR OWN HERO – SAVE YOURSELF!

Program Ideas related to the teen RIF title: *I Have a Bad Feeling About This* by Jeff Strand

- **First Aid:** Teach some simple first aid skills.
Look to your community heroes for help here – local ambulance service, volunteer fire department, even teen Boy Scouts or Girl Scouts (or their leaders) could conduct a program.
- **Disaster Preparedness:** Request training from the NY State Citizen Preparedness Corps.
New York State is offering free 2-hour informational sessions to residents to provide them with the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions. Each participating family receives a free New York State Citizen Preparedness Corps Response Kit. <http://www.dhses.ny.gov/aware-prepare/nysprepare/>
- **Quiz your Know-It-Alls**
Write some questions that test the teens' knowledge of survival tactics for a variety of disasters and make up a Jeopardy style game board. If you don't want to schedule a program, you could post new questions weekly on your teen page or on a bulletin board. There are lots of fun sources out there to supply you with questions and answers.
 - The Action Hero's Handbook* by David & Joe Borgenicht
 - The Unofficial Hunger Games Wilderness Survival Guide* by Creek Stewart
 - The Worst-Case Scenario Survive-o-pedia Junior Edition*
 - The Zombie Survival Guide* by Max Brooks
 - The Ultimate Survival Manual* by Richard Johnson
 - Pandemic Survival: It's Why You're Alive* by Ann Love & Jane Drake
 - WebComic: [CDC - Read CDC's #ZombieComic Preparedness 101 Zombie Pandemic](#)
- **Emergency Kit Challenge**
Adapt the Hunger Games Cornucopia Challenge to a Disaster Preparedness Kit Challenge. The Cornucopia Challenge is pinned on my board also. This Librarian-created activity has teens run to gather a few supplies, that will hopefully provide what they need to score the most points during the game scenario.
- **Strongwoods Survival Camp -- Hands-on Activities**
Purify some water, make some egg carton firestarters, learn some of the emergency uses for bandanas and duct tape or other household supplies. *Miniweapons of Mass Destruction* series of books can give you alternatives to hand grenades.

Prepared by Debbie Sternklar, Voorheesville Public Library. Check my personal Pinterest page, SRP 2015 Board for resources.