

# EMPOWERING & TRAINING YOUTH for **DISASTER READINESS**



This innovative and unique program offers citizen preparedness and skills training for middle and high school youth. **“Disaster READY Training”** provides hands-on, experiential learning opportunities and promotes career exploration in the disciplines of emergency preparedness.

## OVERVIEW

**“Disaster READY Training”** provides interactive, hands-on instruction from a broad-range of disciplines. Trainings will be offered in one and four-day formats for middle and high school youth. Each training session is designed to provide life-long skills that can be implemented in a wide-range of emergency situations. Youth attending the training are encouraged to share their preparedness skills and knowledge with family members and friends, and to become active in their communities.

## GOALS

**“Disaster READY Training”** organizers want to empower and train youth so that they are able to act, if needed, during disaster events. The skills taught during the experience can be applied in many situations and will result in participants adding useful “tools” to their life “toolkits.”

Training participants will experience and practice readiness skills through:

- Team Building
- Communication
- Making Good Choices
- Building Confidence
- Discernment
- Assessment
- Practice
- Advocacy

## WHO CAN ATTEND

Middle and high school youth. Spots are filled on a first come, first served basis.

## CONTENT

The training focuses on skill-building and career exploration in these core areas:

- First aid
- CPR
- Basic search and rescue
- Weather spotting
- Why preparedness is important
- Psychological consequences of disaster
- Resilience and psychological first aid
- Moulage (injury simulation makeup)
- Terrorism and cyber awareness
- Fire suppression

## DATES & COST

The training is free. Trainings are planned during the Summer of 2010 in these locations:

Aurora: June 29, 2010

Denver: July 20, 21, 22, & 23, 2010

## FOR MORE INFORMATION

Visit the **“Disaster READY Training”** website [readycolorado.com/disasterREADYtraining](http://readycolorado.com/disasterREADYtraining) for more information, to download forms, and to apply.

## SPONSORS

- The Governor’s Office of Homeland Security
- City and County of Denver
- City of Aurora
- Colorado Information and Analysis Center
- Colorado Citizen Corps
- American Red Cross Mile High Chapter
- Colorado Department of Human Services Disaster Planning & Response Program
- READYColorado



[readycolorado.com/disasterREADYtraining](http://readycolorado.com/disasterREADYtraining)