

Bunker Not Required Workshop: Student Handbook

Reasonable steps toward emergency preparedness and resilience for individuals, households, and communities



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## Workshop Summary

This workshop will help community members build resilience for emergencies. In the workshop, participants will meet the following learning objectives:

1. Understand what it means to have a healthy relationship with emergency preparedness
2. Understand how to prepare with an “all hazards” approach
3. Understand your role in preparedness as an individual, a household, and a community member
4. Understand how emergency or disaster timeframes affect preparedness
5. Begin your emergency preparedness planning process

This workshop has an informational portion at the start, and then transitions into a heavily interactive portion where the facilitator guides participants through creating their own personal preparedness plan.

## Links to Student Materials

* **Activities:** <https://docs.google.com/spreadsheets/d/1xJoVTHl3vJWmX1cAgJ3Rap4nobeV6EeffXoeNPNAm3Y/edit?usp=sharing>
* **Pre-Test:** <https://docs.google.com/forms/d/e/1FAIpQLScax-aYiJm6W1ahKeKl3b3wrCESjFiPk0hSKvEt10bW0h9XFQ/viewform?usp=sharing>
* **Post-Test:** <https://docs.google.com/forms/d/e/1FAIpQLSfgPv4nlvkQKG9NqzWVB4WW4Geax1jDpWB2q3pbFAmoQYyQpg/viewform?usp=sharing>
* **Student Survey:** <https://docs.google.com/forms/d/e/1FAIpQLSfjnuxC8mREj_mcff7QpvqxKpSafs63UcqNlGba0ywiAX2uYQ/viewform?usp=sharing>
* **Accessibility Tools** including screen reader accessible and large print/high contrast copies of all the student materials:

<https://drive.google.com/drive/folders/1yqNOmIztyD3wdm0euQx-7bnmfhoJk4re?usp=drive_link>

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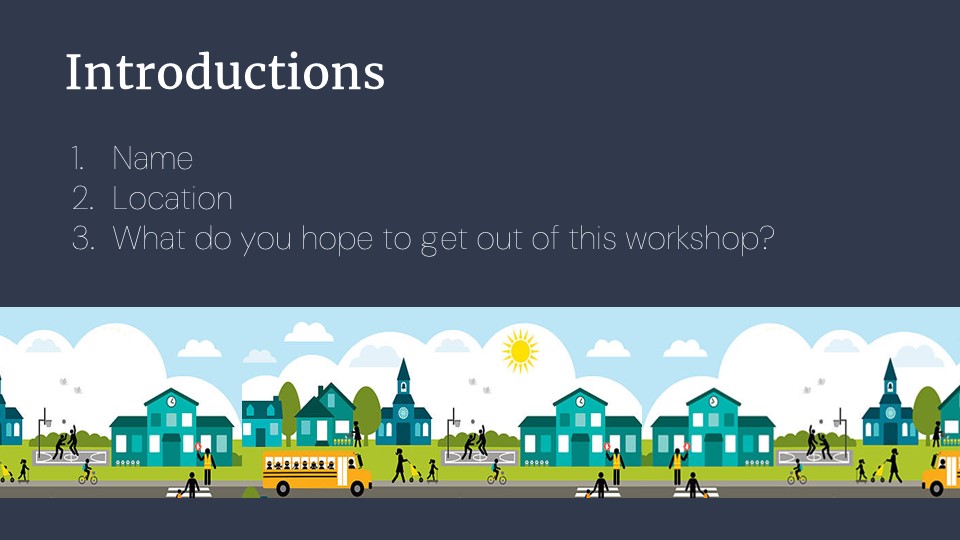
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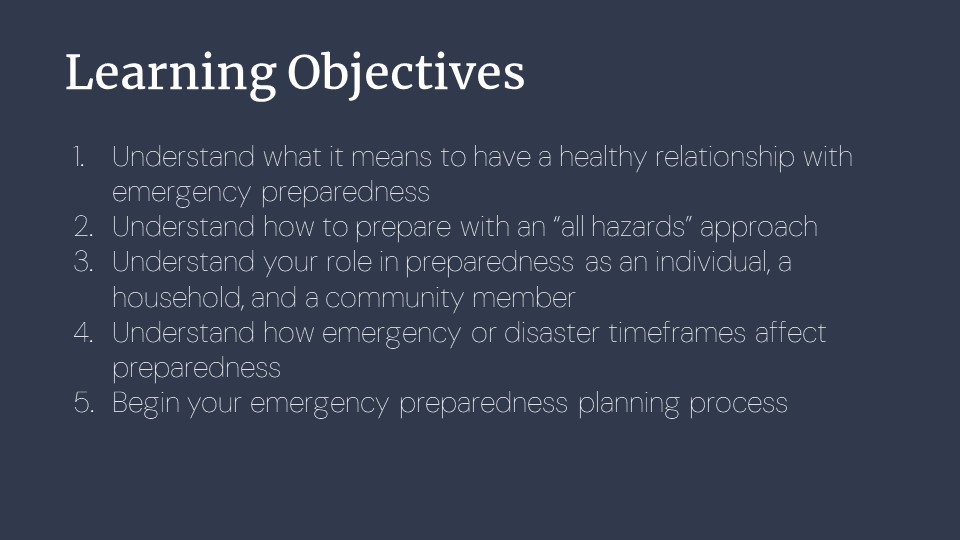
## Slide deck with notes & notetaking space



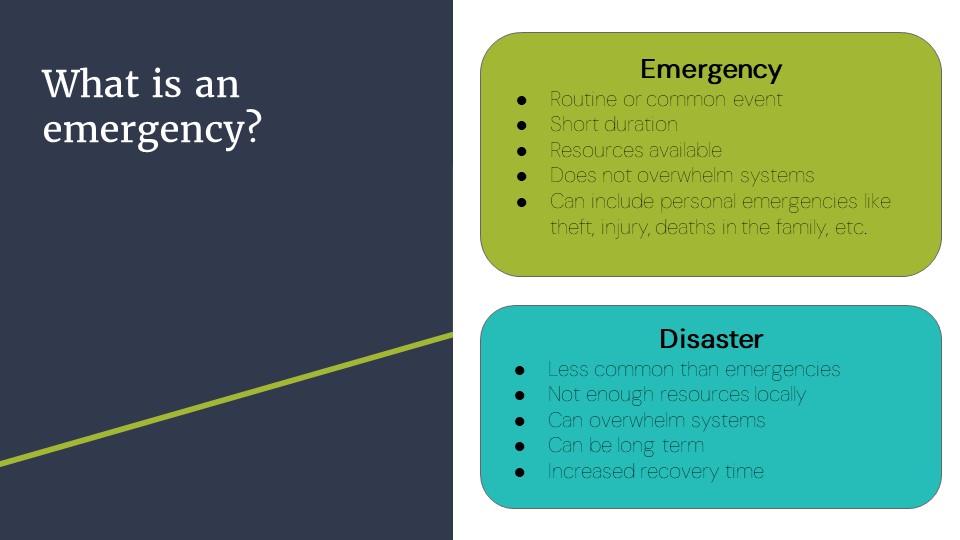
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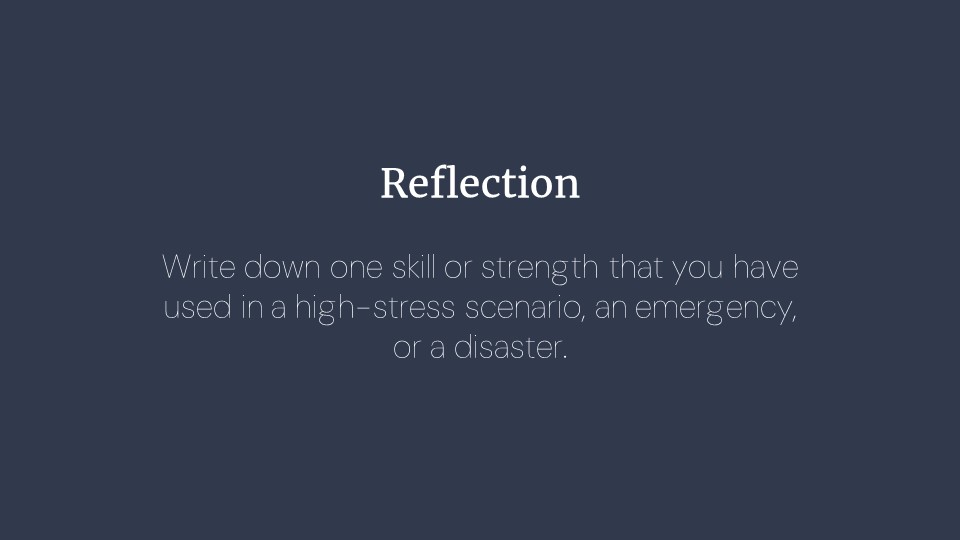
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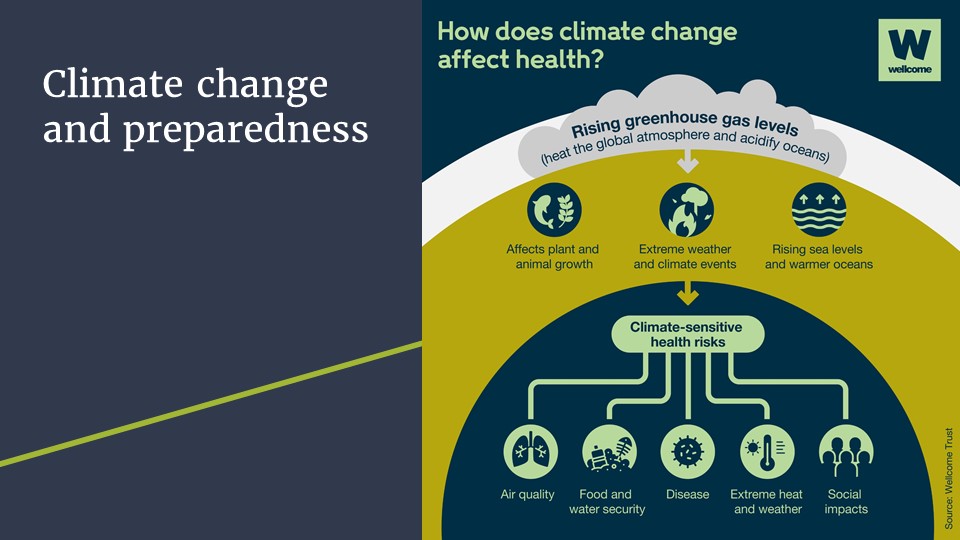
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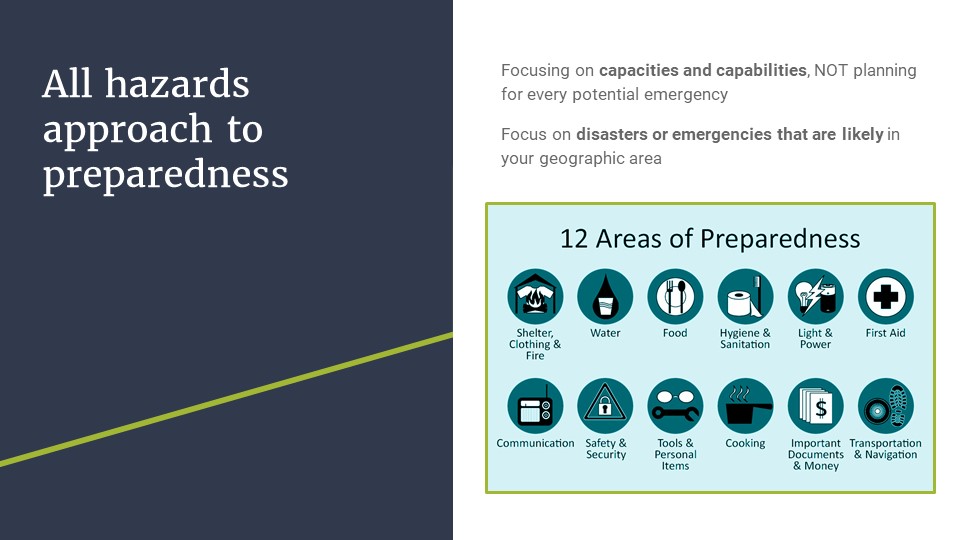


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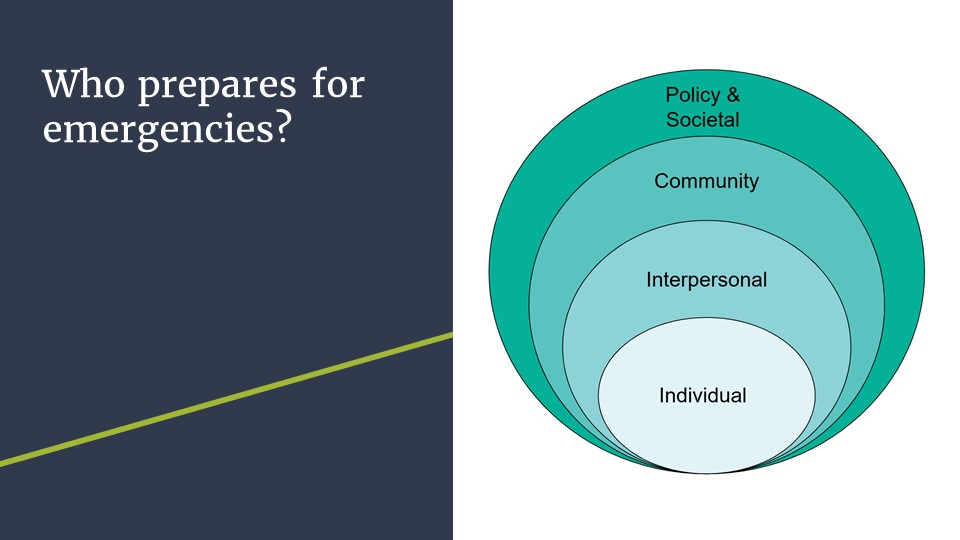
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You can find more information about climate change’s impacts on our health here: <https://www.who.int/news-room/fact-sheets/detail/climate-change-and-health>



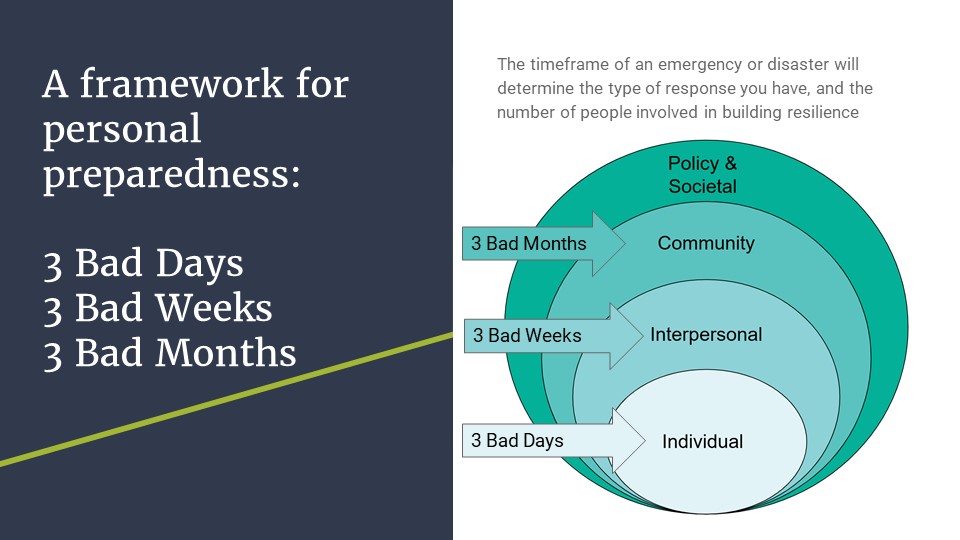
* This workshop focuses on building resilience with an “all hazards” approach.
* All hazard planning also focuses on developing capacities- in other words, the skills you have, and capabilities- in other words, the stuff you have.
* Planning for both skills and stuff ensures that we have holistic resilience.
* Some aspects of planning will be specific to natural hazards in your area.

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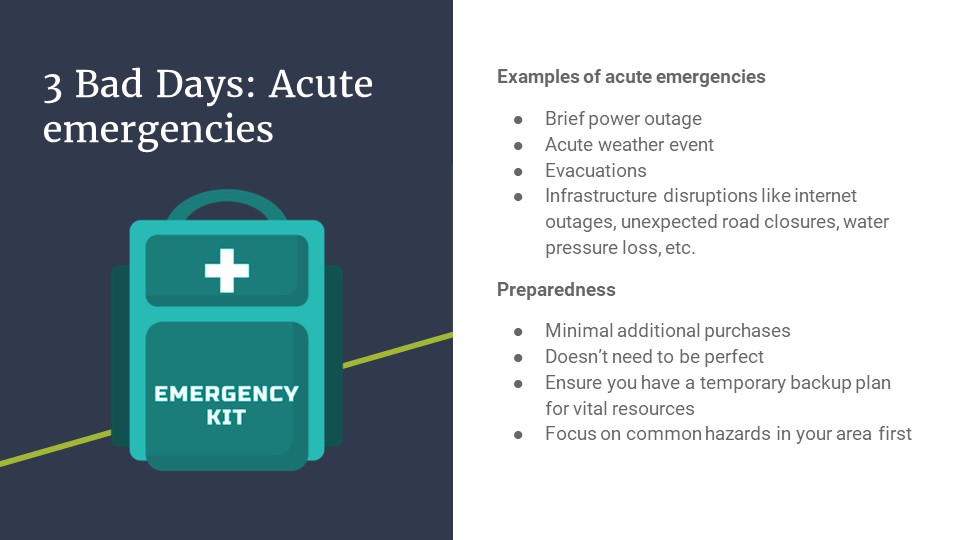
* Our government and formal support systems prepare us for emergencies (firefighters, EMS, etc)
* There are limitations to government support systems
* Preparing at a community, interpersonal (household), and individual can help us stay safe if government resources are limited or unavailable
* Each level of preparedness can help us be resilient to different timeframes.
* As an emergency, disaster, or other disruption stretches into weeks or months, we will need more teamwork to ensure that we have all the skills and supplies to be safe.

| **Notes** |
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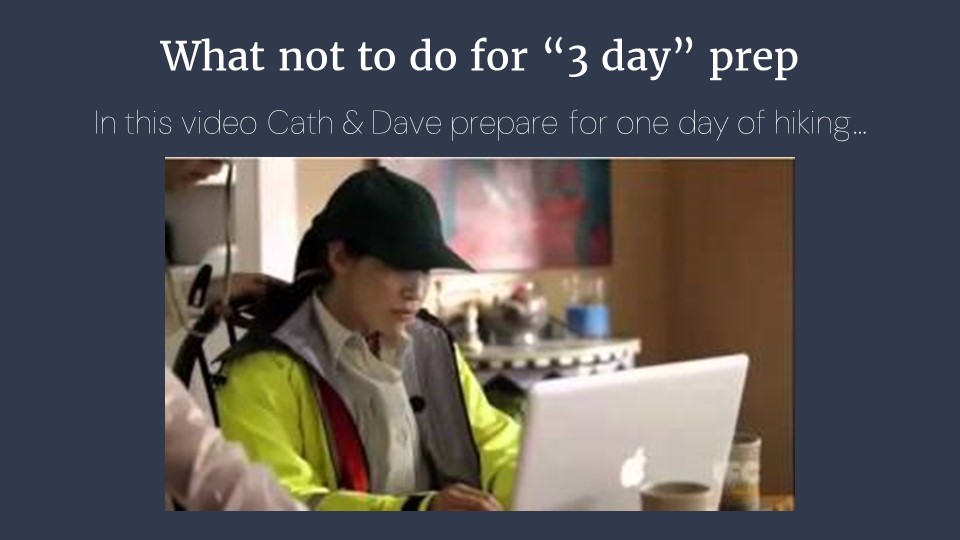
* When you are preparing for three days, you should focus on creating a temporary backup plan for all your most vital needs
* When you are preparing for three weeks, you will focus on more substantial backup plans and household resilience
* When you plan for three months, you will need to focus on holistic lifestyle shifts. This will be a gradual process of increasing your skills, supplies, and increasing your social connections and relationships within your community.
* Holistic resilience will require more people and more teamwork for longer periods of difficulty and disruption.

| **Notes** |
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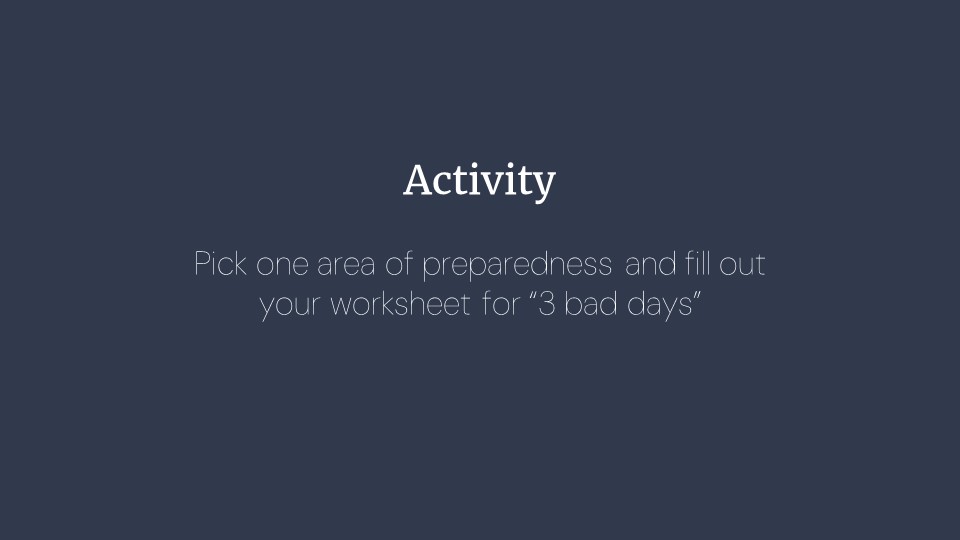


* Acute emergencies are minor disruptions that last three days or less
* Usually emergencies, not disasters
* Simple temporary back up plan for vital resources
* Can be imperfect

| **Notes** |
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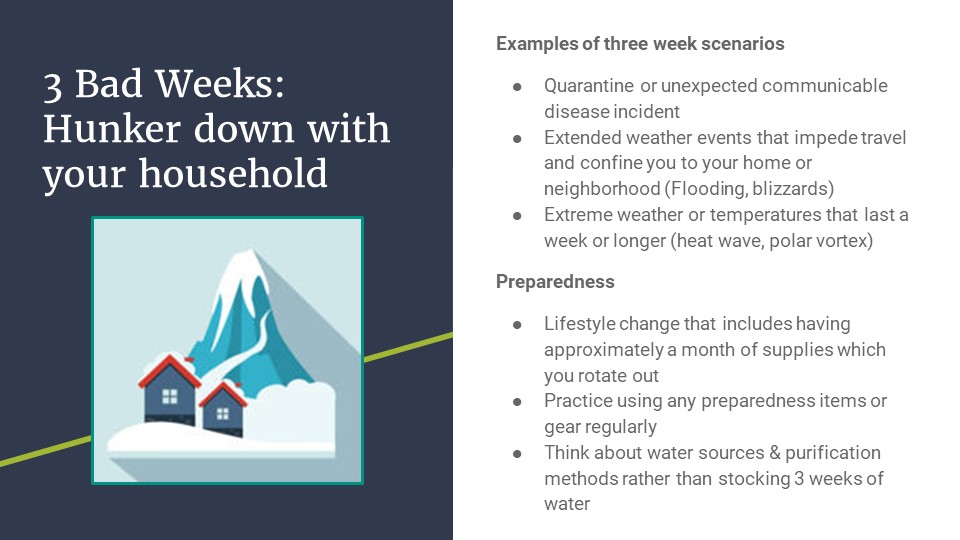


| **Questions**  How did over-preparation impact Cath & Dave?  How can we avoid over-preparation and overspending for our three day preparedness? |
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Make a copy & edit: [Bunker Not Required Worksheets](https://docs.google.com/spreadsheets/d/1xJoVTHl3vJWmX1cAgJ3Rap4nobeV6EeffXoeNPNAm3Y/edit?usp=sharing)

| **Notes** |
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* Three week emergencies are more significant disruptions or disasters.
* Sometimes multiple disruptions will happen at once.
* Preparedness for three week timeframes include lifestyle shifts, skills, and purchasing additional resources to have in stock.
* Get in the practice of stocking items and rotating them out before they expire.
* Skills and stuff always come hand in hand.
* Identify a water source and have a plan for sanitizing your own water for scenarios where your running water is unavailable.
* Three week scenarios will also require emotional resilience.

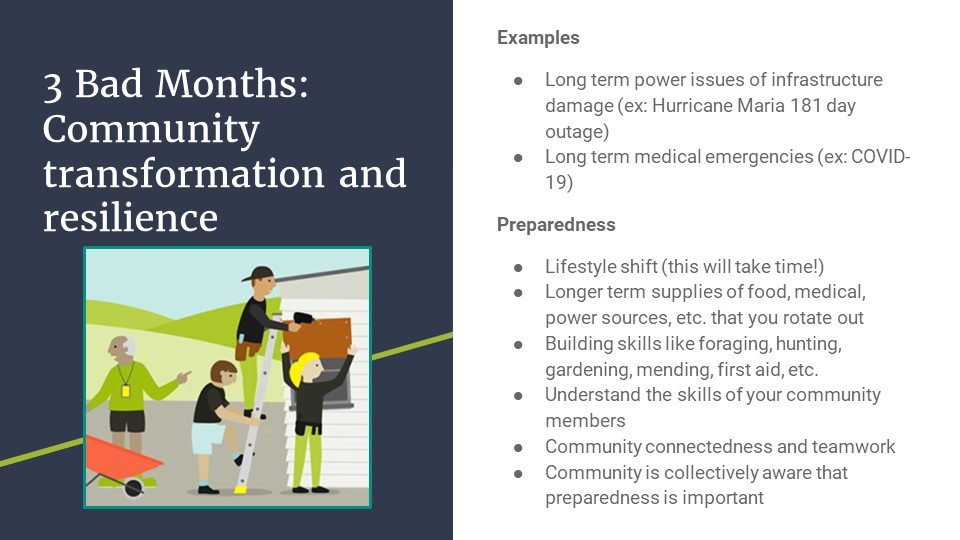
| **Notes** |
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| **Questions**  How might we change our food preparedness from three day to three week scenarios?  How did comfort play a role in preparedness? |
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| **Notes** |
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* Teamwork is an important aspect of this type of preparation.
* Supplies needed for three weeks and three months have overlap.
* Key differences between three week and three month preparation:
  + Quantity of those supplies
  + The skills you need will likely be from ***multiple*** community members.

| **Notes** |
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| **Questions**  This video demonstrates some of the pitfalls of over-preparation. Discuss the issues that are present in this video.  In this video, Dwight talks about how his preparedness would exclude community members. Discuss the limitations of an isolationist mindset for community resilience.  Earlier in the presentation, we discussed the difference between healthy preparation and resilience and unhealthy preparation. Discuss the elements of healthy and unhealthy preparation in this video. |
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## Pre Test for Workshop Participants (Hard Copy)

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_ Check: [ ] Pre Test [ ] Post Test

1. What are characteristics of an emergency?
   1. Short-term event that does not overwhelm local resources
   2. Long-term event that depletes local resources
   3. Can be personal, like identity theft, house fires, or death in the family
   4. Has an extended recovery time
   5. A and C
   6. B and D
2. What are indicators of healthy preparation?
   1. Feeling paranoid about emergencies and disasters
   2. Creating back up plans for your basic needs which can be used in any scenario
   3. Preparing for extreme disasters and unlikely scenarios
   4. Preparation includes assessing the specific needs of household members and community members
   5. A and C
   6. B and D
3. Which of these options does **NOT** describe an “all hazards” approach to emergency preparedness?
   1. Stocking supplies that can fulfill all of your basic needs, regardless of the scenario
   2. Stocking supplies for all the emergency scenarios that you can think of
   3. Building skills that are relevant in any scenario, like cooking on a fire or first aid
4. What of these options describes a recommended lifestyle shift as you prepare for three week scenarios?
   1. Having a go bag for evacuations or short term emergencies
   2. Stocking three weeks worth of water for each household member
   3. Talking to your community members about how you can pool skill sets and resources to survive a long-term disaster
   4. Getting in the habit of stocking shelf stable food and rotating these supplies to ensure nothing expires
5. After emergencies, there are three suggested reflection questions that can help you improve your preparedness for future emergencies. Which of these questions is **NOT** one of the recommended reflection questions?
   1. What went well?
   2. What could be improved?
   3. How can I address areas for improvement?
   4. Who in my household/community did not have their needs met during this event?

## Post Test for Workshop Participants (Hard Copy)

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_ Check: [ ] Pre Test [ ] Post Test

1. What are characteristics of an emergency?
   1. Short-term event that does not overwhelm local resources
   2. Long-term event that depletes local resources
   3. Can be personal, like identity theft, house fires, or death in the family
   4. Has an extended recovery time
   5. A and C
   6. B and D
2. What are indicators of healthy preparation?
   1. Feeling paranoid about emergencies and disasters
   2. Creating back up plans for your basic needs which can be used in any scenario
   3. Preparing for extreme disasters and unlikely scenarios
   4. Preparation includes assessing the specific needs of household members and community members
   5. A and C
   6. B and D
3. Which of these options does **NOT** describe an “all hazards” approach to emergency preparedness?
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   4. Who in my household/community did not have their needs met during this event?

## Student Survey (Hard Copy)

Name (Optional):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_

Instructor Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Workshop Location: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

On a scale of 1 to 5 with one being the worst and five being the best, how would you rate the quality of the instructor?

Worst 1 2 3 4 5 Best

On a scale of 1 to 5 with one being the worst and five being the best, how would you rate the quality of the workshop materials (powerpoint, worksheets, and any other supporting documents)?

Worst 1 2 3 4 5 Best

On a scale of 1 to 5 with one being the least relevant and five being the most relevant, how relevant was this workshop to your life/your personal emergency preparedness?

Very Irrelevant 1 2 3 4 5 Very Relevant

What was the most useful part of the workshop for you?

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What about this workshop could be improved?

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Additional comments or concerns:

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