

YOU DESERVE TO BE **PROTECTED FROM VIOLENCE** AND HAVE THE RIGHT TO **SHARE YOUR OPINION** AND **BE HEARD**. IT'S OKAY AND NORMAL IF YOU FEEL SAD, ANGRY, OR SCARED. IT'S OKAY AND NORMAL IF YOU DON'T KNOW HOW YOU FEEL TOO. **YOU CAN ASK FOR HELP**. YOU ARE NOT ALONE, THERE ARE PEOPLE WHO CAN HELP YOU.



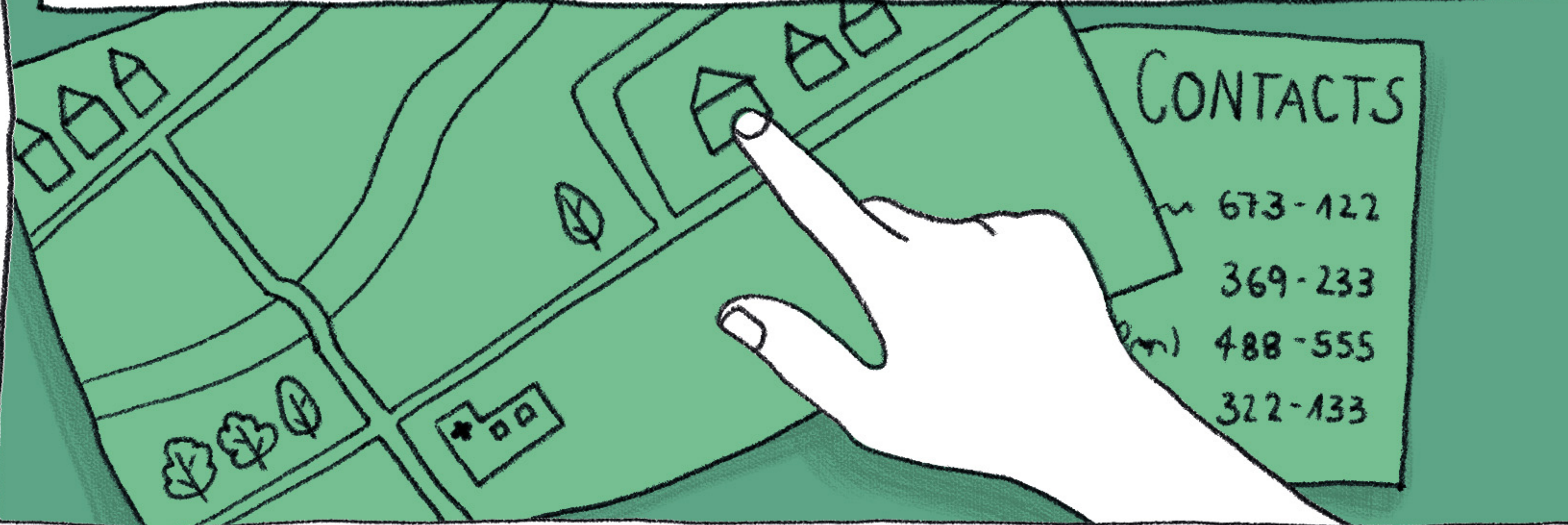
BE SAFE - ANTICIPATORY ACTION

IF SEVERE WEATHER IS FORECAST FOR WHERE YOU LIVE...

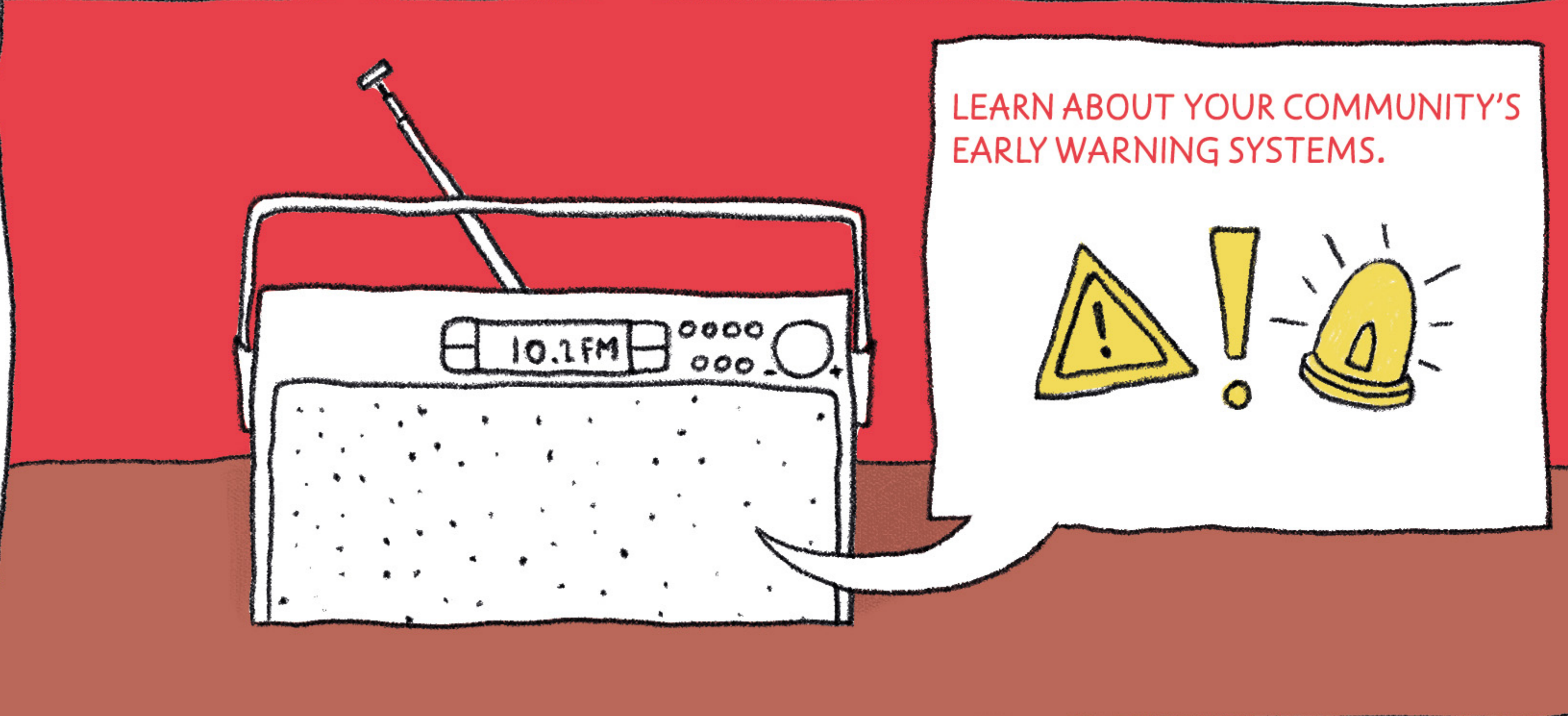
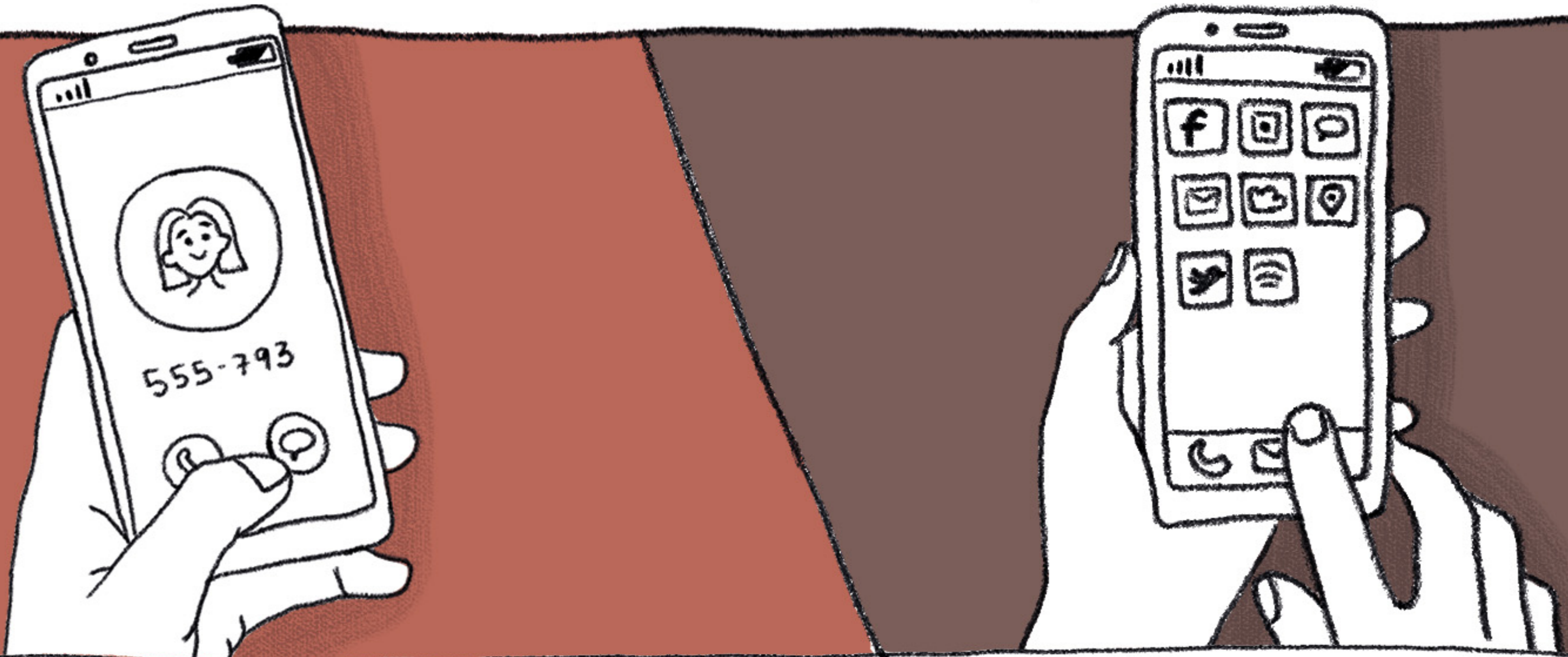
STAY INFORMED. TALK TO YOUR FAMILY AND TEACHERS TO UNDERSTAND WHAT COULD HAPPEN, WHERE, AND WHEN.



MAKE A PLAN WITH YOUR FAMILY ABOUT WHERE YOU WILL MEET IF YOU GET SEPARATED. THINK OF OTHER CLOSE FAMILY AND FRIENDS THAT COULD HELP YOU RESTORE CONTACT.

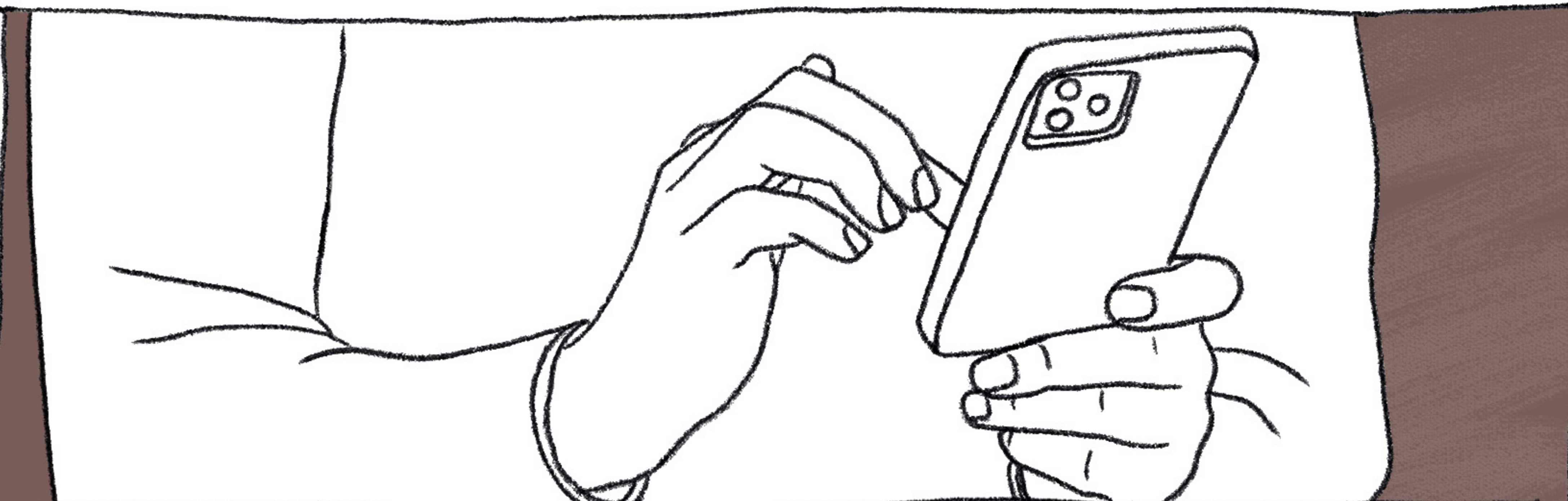


MEMORIZE YOUR PERSONAL DETAILS AND THOSE OF YOUR FAMILY MEMBERS: FULL NAME, DATE AND PLACE OF BIRTH, ADDRESS, PHONE NUMBER, EMAIL ADDRESS, SOCIAL MEDIA OR SIMILAR DETAILS THAT COULD EASILY BE RETRIEVED IN CASE THEY GET LOST OR FORGOTTEN.



LEARN ABOUT YOUR COMMUNITY'S EARLY WARNING SYSTEMS.

TAKE WARNING SERIOUSLY, EVEN IF THEY ARE FREQUENT.



BE ALERT FOR CHANGES IN THE SITUATION. RISKS CAN INCREASE AFTER THE EARLY WARNING INFORMATION IS FIRST SHARED.

IF YOU NEED TO EVACUATE...



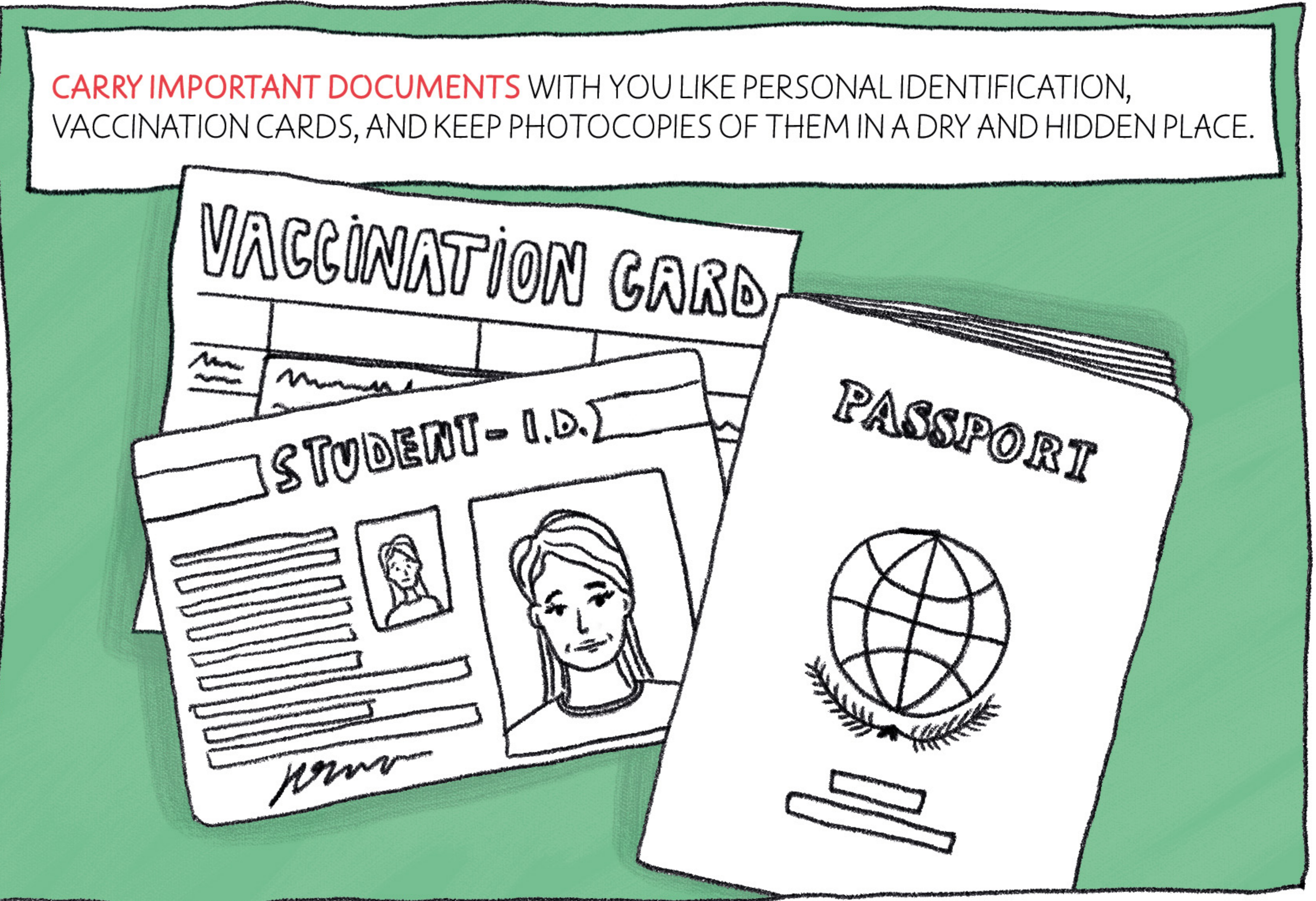
FOLLOW EVACUATION INSTRUCTIONS CAREFULLY AND WITHOUT DELAY.



KEEP CLOSE TO OTHERS. STAY WITH OTHERS YOU KNOW AND TRUST.



BE CAREFUL AROUND STRANGERS.



CARRY IMPORTANT DOCUMENTS WITH YOU LIKE PERSONAL IDENTIFICATION, VACCINATION CARDS, AND KEEP PHOTOCOPIES OF THEM IN A DRY AND HIDDEN PLACE.

IN A HEATWAVE...



BE PREPARED FOR THE HEAT. ORGANIZE A SAFETY KIT WITH WATER BOTTLES, CLOTHING TO KEEP YOU COOL, HYGIENE ITEMS, HYDRATION SALTS, A HAT, SUNSCREEN, AND SUN GLASSES.

IN A FLOOD...



BE PREPARED FOR FLOODS. HAVE READY WATER BOTTLES, CLOTHING AND FOOTWEAR THAT WILL STAY DRY, AND HYGIENE ITEMS.



YOU ARE NOT ALONE. THERE ARE PEOPLE WHO CAN HELP YOU. IF YOU NEED HELP, LOOK FOR SOMEONE WEARING A RED CROSS OR RED CRESCENT, OR SOMEONE FROM ANOTHER AGENCY YOU TRUST, OR CALL A LOCAL HELPLINE.