



*These presentations aid in the preparedness of communities in the diverse region of Los Angeles.*



## Youth Preparedness Programs

***The Pillowcase Project*** for students in grades 3<sup>rd</sup>-5<sup>th</sup> (ages 8-11) is a one-hour classroom-based presentation that prepares children for disasters and teaches coping skills and general preparedness information. Students receive a workbook of preparedness activities and a pillowcase to decorate at the end of the presentation.

***Virtual Option Available.***

***Prepare with Pedro*** for students in grades K-2 (ages 4-7), is a 30 minute classroom-based presentation that teaches students to identify the best ways to stay safe during emergencies, coping skills to help manage stress during emergencies and discuss the role science plays in emergency preparedness. ***No Virtual Option Available***

***Prepare Teens*** is a one-hour presentation for teens ages 12-17. The first half of the presentation teaches teens to prepare for, plan for, and react appropriately in an emergency. The program also features an interactive Jeopardy-style game in which participants compete to answer questions about preparedness. ***No Virtual Option Available***

## Adult Preparedness Programs

***Be Red Cross Ready*** a one-hour presentation for general adult audiences. This presentation shows participants how to make an emergency kit, family plan, and be informed. Participants also learn the correct actions to take during a disaster such as an earthquake, home fires, wildfires and COVID19 pandemic. ***Virtual Option Available***

***Prepare Seniors*** is a 30-minute presentation intended for senior audiences. This presentation focuses on what seniors need to do to be better prepared for disasters. They will learn the correct actions to take during an earthquake or home fire and how to get a kit, make a plan, and be informed. ***Virtual Option Available***

***Hands Only CPR*** This free, 30-minute course teaches the hands-only CPR technique designed to save lives. Participants learn how to check for consciousness, call 911 (or the local emergency number) and give continuous chest compressions. CPR certification is not provided through this course. ***No Virtual Option Available***

*For more information contact [Preparedness.LosAngeles.CA@redcross.org](mailto:Preparedness.LosAngeles.CA@redcross.org) or to schedule a presentation, visit [www.redcross.org/la-virtual](http://www.redcross.org/la-virtual)*