



Preparing Children and Youth for Emergencies with Safety Sabbath®

Safety Sabbath® helps all members of your church, young and old, be ready for emergencies. Here are some resources for getting your children and youth involved.

What Can Kids Do?

Learn About Safety

Talk to your children and youth about the types of emergencies your church could experience and what the emergency response plan is for each one. Review when and how to: evacuate, shelter in place, calmly file out of the room, or find a secure location for protection. Identify where they should meet outside the building after an evacuation, and where they should go when the emergency or drill is over. Use clear and accurate language appropriate for the age group you are talking to.

Familiarize your Sabbath School class with:

- the appropriate exits and evacuation routes from your classroom;
- the sound of emergency alert alarms and signals that identify the emergency is over;
- what local emergency services personnel look like in uniform and how to interact with them; and
- who your church crisis response team members are.

For younger children: Appoint two or three children in each classroom to be the designated “line leaders”

who will help encourage the rest of the children to follow their example in an emergency. They should understand that their role is to line up, remain calm and quiet, and wait for further instruction from the teacher.

For older children and youth: Consider including at least one youth member in each area of your crisis response team. As your team works together to plan for emergencies and assign tasks, be sure to include the young adult and teen church members in these assignments. This involves your young people in the safety planning of your church and prepares them to lead out in this area among their friends, and in any future ministry leadership roles they serve in.

Practice Safety

Prepare your children and youth for the safety drill your church will have on Safety Sabbath. Go over the reasons for emergency drills, what will happen during the drill, and step-by-step what they should do once the drill has started until it is over. Let them practice a few times, so they are comfortable doing this. During the training, actively participate with your children and youth following the emergency response plan identified by your church.



After the drill, congratulate your class on what they did right. Go over what did not go as planned. Ask what should have happened instead and go over how to respond in a real emergency. Work together to find a way to help them remember each step they should follow in the event of an emergency. This encourages children and youth to take the drill seriously and be prepared when a real emergency happens.

Take Safety Home

After learning about safety, participating in a safety drill, and debriefing, encourage your class to talk to their friends and family members about what they have learned. Encourage them to find more ways they can learn about emergency preparedness. By continuing the conversation and keeping alert for new information, your children and youth can help themselves and others be better prepared for the emergencies they may experience.



Find more detailed information on how to run a safety drill for your church, and emergency preparedness safety resources for sharing with children and parents at [SafetySabbath.com](https://www.SafetySabbath.com).

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