



**American  
Red Cross**

## **FREE Emergency Preparedness Training for Your Community!**



Preparedness programs are national, standardized and free for community members taught by certified presenters. They are designed to help participants understand, prepare for and respond appropriately to emergencies through engaging and age-appropriate curriculum.

### **Disaster and Emergency Preparedness for Youth**

#### **Prepare with Pedro**

##### **Kindergarten–2<sup>nd</sup> Grade**

A 30–45 min preparedness program for students that follows Pedro the Penguin and his friends as they learn how to be prepared and take action during an emergency.

#### **The Pillowcase Project**

##### **3<sup>rd</sup>–5<sup>th</sup> Grade**

A 40–60 min presentation that covers local hazards, coping skills and personal and family preparedness through a “Learn, Practice, Share” framework.

### **Disaster and Emergency Preparedness for Adults**

#### **Be Red Cross Ready**

The presentation is designed to teach people how to prepare for and respond appropriately to disasters likely to occur in their community such as hurricanes, wildfires, earthquakes, tornadoes, etc.

#### **Hands Only CPR**

A 30 min training teaching hands-only technique for CPR. Participants learn how to check for consciousness, call 911 (or the local emergency number) and give continuous chest compressions.

*CPR training certification is not provided through this course.*

#### **Ready Rating**

A 30 min presentation explaining our free membership program to help businesses, schools, or organizations become better prepared for disasters and other emergencies.

To learn more or to schedule a presentation, please contact: