How to Stay Safe During Unsafe Events

A teaching story
Sometimes the world can be unpredictable.

Sometimes unsafe events, like a natural disaster, act of violence or major accidents, can happen suddenly.

Natural disasters are things like hurricanes, earthquakes or tornadoes. Acts of violence are things like groups of people getting hurt with weapons and terrorist acts. Major accidents are things like a plane crash.

These can be scary things to see, even if they don't happen near you.
If the unsafe event is happening nearby, it is OK that I am scared, and I can talk to my parents or trusted adult about my feelings.

And, there are things I can do to remain safe:
- follow instructions from my parents or trusted adult
- be flexible when things change so I can stay safe
- stay together; don’t leave my family or group
I am feeling...

- Happy
- Sad
- Excited
- Worried
- Angry
- Tired
I may hear or see people talk about unsafe events on the news, social media or elsewhere.

This can be scary and it’s OK to feel this way. If I am upset, I can choose an activity from my Calm Choice Board.
My calm choices are:

1. Sensory activities
2. Yoga/Breathing
3. Pet/Assist Dog
4. Hobby/Fun Activity
If I feel upset, I can also turn off the screens or ask to take a break. I can talk to my family or trusted adult about how I am feeling.

If I have questions about what is happening, they might be able to answer them. It is OK if they do not have an answer. Sometimes, when an unsafe event occurs, adults do not have answers right away.
My family may have plan on what to do if an unsafe event happens.

This means some of things I do every day may not be available. It’s OK. I can create a new routine with my family’s help.
My family’s emergency plan.

Where to meet: ________________________________

If that place is not safe, we'll meet here instead:

______________________________

 Helpers or neighbors near us that we can ask for help:

______________________________

 Important phone numbers:

______________________________  ______________________  ______________________

 Important things to know about our family [preferences, challenges, health conditions]:

______________________________

______________________________

In case of emergency, call 911.

We can fill out a family emergency plan document that we download from autismspeaks.org.
Sometimes I may have to leave home before, during or after an unsafe event.

I may not like the sudden change, but I can do it to help keep me and my family safe.

I may not have time to take all my favorite things with me. I may only be able to bring one thing. Sometimes, I may not be able to bring anything with me.

If I could choose one favorite thing to bring with me, I would choose ____________.
I may be sad if I cannot bring my favorite things with me.

It’s OK to feel this way. During an unsafe event, it is important to be flexible so my family and I can stay safe.
During unsafe events, my routine will change.

Some of the things I did everyday may not be available. It’s OK because I can be flexible and create a new routine with my family.
During unsafe events, my routine will change.

It’s OK to be scared or upset when unsafe events happen.

I don’t have to worry about unsafe events happening every day.

My routine may change because of an unsafe event and it’s OK.

My family can create a plan of what to do when an unsafe event happens.