



READY TOGETHER

STUDENT LEADERSHIP GUIDE

READY TOGETHER STUDENT
LEADERSHIP GUIDE

CHAPTER 9

READY TOGETHER

STUDENT LEADERSHIP GUIDE

How to provide peer-to-peer support and lead your student volunteers.

This section helps students lead with purpose without carrying responsibilities that belong to adults, schools, or local officials. Ready Together leaders can teach, organize, encourage, and connect people to credible resources.

In this section:

-  What a Ready Together session is
-  Student facilitator and adult advisor checklists
-  Peer support boundaries for youth leaders
-  Mini-session, 30-minute, and 60-minute workshop plans
-  Chapter starter tools, partner outreach, and impact tracking

LEADERSHIP MINDSET

- ☒ Lead with calm, not fear.
- ☒ Use official sources and trusted adults.
- ☒ Students help families prepare; adults and officials make emergency decisions.
- ☒ Peer support is connection and encouragement, not therapy.



KIDS4KIDS REMINDER:

Leadership does not mean doing everything. It means helping people take the next safe step.

**This workbook supports preparedness and connection.
It does not replace mental health care or emergency services.**

What Is a Ready Together Session?

A calm, student-led conversation that helps families prepare before a storm.

A Ready Together session is not a lecture and it is not a scary disaster presentation. It is a short, practical workshop where students help families understand what to do before, during, and after a storm, while also making space for how kids and teens feel during disasters.

A SESSION CAN HELP PEOPLE

- ☐ Find their evacuation zone or local risk information
- ☐ Choose official alert sources and write them down
- ☐ Start a family plan and emergency contact list
- ☐ Build a starter kit and student comfort bag
- ☐ Talk about youth mental wellness in a calm way

A SESSION SHOULD **NOT**

- ☐ Give evacuation orders or emergency instructions
- ☐ Replace local officials, schools, or emergency management
- ☐ Pressure anyone to share personal disaster stories
- ☐ Use fear, graphic images, or rumors to get attention
- ☐ Make students feel responsible for adult decisions



SMALL WIN:

A Ready Together session does not have to be huge. A 15-minute club activity that sends families home with one useful worksheet still counts.

Student Facilitator Checklist

What to prepare before leading a Ready Together activity.



PRO TIP:

Students often lead best when they keep it simple: one idea, one worksheet, one action step.

BEFORE THE SESSION

- ☐ Choose a trusted adult advisor
- ☐ Pick the audience: family, club, class, team, or youth group
- ☐ Choose the session length: 15, 30, or 60 minutes
- ☐ Print the correct worksheets or share the QR hub
- ☐ Review official local resources before presenting
- ☐ Practice your opening so it sounds natural

DURING THE SESSION

- ☐ Keep the tone calm and practical
- ☐ Use short explanations and examples
- ☐ Remind everyone that adults and officials make emergency decisions
- ☐ Pause for questions and avoid rushing
- ☐ Do not ask people to share trauma or personal disaster details
- ☐ End with one clear take-home action

OUR SESSION PLAN

DATE / TIME:

LOCATION:

ADULT ADVISOR:

AUDIENCE:

ESTIMATED NUMBER OF STUDENTS/FAMILIES:

WORKSHEETS WE WILL USE:

Students can educate and organize, but they should not give emergency orders

Adult Advisor Checklist



KIDS4KIDS REMINDER:

Youth leadership is strongest when students have adults beside them, not when students are left to handle hard things alone.

How trusted adults can support student leaders safely.

Student-led does not mean adult-free. A trusted adult advisor helps keep the session accurate, emotionally safe, and appropriate for the audience.

ADULT ADVISOR SHOULD HELP WITH

- ☐ Approving the session location and timing
- ☐ Reviewing any school, club, or facility rules
- ☐ Checking that official sources are used correctly
- ☐ Being present or available during the session
- ☐ Helping with questions students should not answer alone
- ☐ Supporting anyone who feels upset or overwhelmed

ADULT ADVISOR SHOULD WATCH FOR

- ☐ Students giving medical, legal, or evacuation advice
- ☐ Scary stories or graphic examples taking over the session
- ☐ Participants feeling pressured to share personal experiences
- ☐ Students carrying too much emotional responsibility
- ☐ Confusion between peer support and counseling
- ☐ Missing local emergency or school safety guidance

ADVISOR CONTACT

ADVISOR NAME:

PHONE / EMAIL:

BACKUP ADULT:

LOCATION RULES TO REMEMBER

EMERGENCY CONTACT AT VENUE/SCHOOL:

If someone may be unsafe or overwhelmed, involve a trusted adult immediately.

Peer Support Boundaries for Leaders

Connection matters, but student leaders are not counselors.

A Ready Together leader can listen, include, encourage, and help someone find a trusted adult. That matters. But peer support is not therapy, and students should never feel like another person's safety or recovery depends only on them.

STUDENT LEADERS CAN

- ☐ Ask if someone wants to talk or wants a distraction
- ☐ Include people in normal activities when they are ready
- ☐ Share official resources and school support options
- ☐ Encourage someone to talk with a trusted adult
- ☐ Help with service projects and Normalcy Kits
- ☐ Follow up with kindness and consistency

STUDENT LEADERS SHOULD NOT

- ☐ Diagnose, counsel, or treat mental health concerns
- ☐ Promise secrecy if someone may be unsafe
- ☐ Try to handle crisis situations alone
- ☐ Pressure people to share personal disaster experiences
- ☐ Make themselves available 24/7
- ☐ Carry another person's recovery by themselves



SAFETY FIRST!

If someone says they may hurt themselves or someone else, or if you think they may be unsafe, tell a trusted adult immediately or call emergency help.

Peer support is connection and encouragement. It does not replace crisis support or mental health care.

Chapter / Club Communication Tree

Who sends updates, who checks in, and who contacts the adult advisor?

A communication tree keeps a group organized without putting everything on one person. Use it for a Ready Together event, supply drive, chapter meeting, or post-storm check-in.

Role	Name / Contact	Who They Update	Backup
Student lead			
Co-lead			
Adult advisor			
Supply lead			
Communications lead			
Peer support check-in lead			

GROUP UPDATE RULES

OFFICIAL SOURCE WE CHECK:

WHERE UPDATES WILL BE POSTED:

WHO CAN SEND GROUP-WIDE UPDATES:

WHEN WE PAUSE ACTIVITIES FOR SAFETY:



LOCALIZE IT:

Choose one official source the group will use for storm updates. Do not let group chats become rumor chains.

Use official alerts and local emergency instructions. Do not rely only on group chats.

15-Minute Mini Session

Best for advisory, club meetings, team huddles, or quick chapter activities.

Time	Activity	Leader Notes
0-2 min	Open with why preparedness supports safety and calm.	Keep it short and human.
2-5 min	Show the Quick Reference Guide.	Point to the pages families fill out first.
5-9 min	Complete one action: out-of-town contact or alert source.	Let people fill it in right away.
9-12 min	Youth wellness reminder.	Kids should feel included, not responsible.
12-15 min	Take-home challenge.	Ask each student to complete one page with family.

MATERIALS

- ☐ Quick Reference Guide copies or QR code
- ☐ Pens or pencils
- ☐ One sample completed page
- ☐ Resource Hub link
- ☐ Adult advisor present or available

TAKE-HOME CHALLENGE

- ☐ Choose an out-of-town contact
- ☐ Write down one alert source
- ☐ Find the emergency kit location
- ☐ Choose one comfort item
- ☐ Ask one family question

Use official sources and keep the tone calm.

30-Minute Ready Together Session

Best for school clubs, youth groups, advisory periods, or family workshops.

Time	Activity	Leader Notes
0-3 min	Welcome and purpose	Preparedness creates calm, not fear.
3-8 min	Preparedness essentials	Plan, zone, home, kit, alerts, pets.
8-15 min	Family Plan Snapshot	Participants fill in the most important blanks.
15-20 min	Comfort items & youth role	Kids help safely, adults decide.
20-25 min	Peer support moment	How to check on a friend without acting like a counselor.
25-30 min	Take-home challenge	One family action before the next meeting.

SESSION NOTES

AUDIENCE:

WORKSHEET PAGES USED:

ONE LOCAL RESOURCE TO SHARE:

ONE YOUTH WELLNESS POINT TO REPEAT:

TAKE-HOME ACTION:



PRO TIP:

Do not try to teach the whole workbook in 30 minutes. Use the session to start the conversation and send people home with next steps.

Students can help people start. Families can finish the details at home.

60-Minute Ready Together Workshop

Best for chapters, libraries, community centers, schools, or partner events.

Time	Activity	Leader Notes
0-5 min	Welcome & mission	Understand why youth preparedness and mental wellness matter.
5-15 min	Preparedness Essentials	Review plan, zone, kit, alerts, pets, documents.
15-25 min	Quick Reference Guide	Fill out key contacts, alerts, and evacuation basics.
25-35 min	Youth Mental Wellness	Choose comfort items, trusted adults, and calm supports.
35-45 min	Peer Support Practice	Practice simple check-in scripts.
45-55 min	Family/Group Action Time	Choose one page to complete or one kit item to add.
55-60 min	Feedback & next step	Write one action and one question.

SET-UP CHECKLIST

- ☐ Adult advisor confirmed
- ☐ Room and time confirmed
- ☐ Printed worksheets ready
- ☐ Resource Hub QR displayed
- ☐ Pens, sign-in, and feedback forms ready
- ☐ Plan for emotional support if someone feels overwhelmed

KEEP IT SAFE

- ☐ Use official sources
- ☐ Avoid graphic disaster images
- ☐ Do not pressure people to share stories
- ☐ Keep student roles realistic
- ☐ Refer hard questions to adults or officials
- ☐ End with calm action, not fear

A Ready Together workshop should leave people informed, supported, and ready to take the next step.

Peer Support Practice Scripts

Simple words students can use when checking on friends after a disaster.

Sometimes students want to help but do not know what to say. The goal is not to fix someone's entire situation. The goal is to make them feel less alone and connect them with help if needed.

Situation	Try Saying	Remember
A friend seems quiet	"I'm glad you're safe. Want to sit together?"	Do not force them to talk.
A friend lost routines	"Do you want help catching up or just a break?"	Normal activities can help.
A friend is overwhelmed	"Do you want me to find an adult with you?"	Bring in support.
A friend shares something hard	"Thank you for telling me. You do not have to handle this alone."	Do not promise secrecy.
You do not know what to say	"I do not know the perfect words, but I care."	Honesty is okay.

GOOD CHECK-IN QUESTIONS

- ☐ Do you want to talk or take your mind off it?
- ☐ Is there a trusted adult you want to talk to?
- ☐ Do you want help finding school updates?
- ☐ Would a normal activity help right now?

AVOID SAYING

- ☐ At least it was not worse.
- ☐ You should be over it by now.
- ☐ Everything happens for a reason.
- ☐ I know exactly how you feel.

If someone may be unsafe, tell a trusted adult immediately.

Start a Kids4Kids Relief Chapter

A simple path for students who want to lead Ready Together in their community.

A chapter should begin small and real. You do not need a huge event to start. Begin with a few students, a trusted adult, one preparedness session, and one way to track impact.

FIRST STEPS

- ☐ Find 2-3 student leaders
- ☐ Identify a trusted adult advisor
- ☐ Choose a school, club, library, or community base
- ☐ Pick one Ready Together activity to start
- ☐ Use official preparedness resources
- ☐ Decide how you will track impact

FIRST PROJECT IDEAS

- ☐ Host a 15-minute quick-reference session
- ☐ Run a student comfort bag drive
- ☐ Build Normalcy Kits
- ☐ Share official preparedness resources
- ☐ Create a family plan night
- ☐ Partner with a school club or youth group

CHAPTER STARTER NOTES

CITY / SCHOOL / GROUP:

STUDENT LEADS:

ADULT ADVISOR:

FIRST PROJECT:

DATE GOAL:

RESOURCE HUB / CHAPTER SIGNUP QR:



SMALL WIN:

Your first chapter activity can be simple: one meeting, one worksheet, one family action step.

Student chapters should work with trusted adults and local guidance.

School Partner Outreach

A simple message students can send to a teacher, counselor, club advisor, or administrator.

Use this as a starting point. Make it sound like you, keep it short, and be clear about what you are asking for.

EMAIL / MESSAGE DRAFT

Subject: Student-led hurricane preparedness resource for families

Hi _____,

My name is _____, and I am part of Kids4Kids Relief / Ready Together. We created a youth-led hurricane preparedness and mental wellness workbook to help families prepare in a calm, practical way.

The goal is not to scare students. It is to help families know their plan, write down trusted alerts, prepare supplies, and support kids before, during, and after a storm.

Would it be possible to share the free Quick Reference Guide with students/families or host a short Ready Together session through _____?

Thank you for considering it,



PRO TIP:

Ask for one clear thing: permission to share a resource, host a short session, or meet for 10 minutes. Big asks are harder to approve.

Use school-approved communication channels and follow school rules.

Community Partner Outreach

For libraries, youth groups, houses of worship, community centers, and local organizations.

Community partners can help bring Ready Together to families who may not see the workbook through school. Keep the ask practical and nonpartisan.

PARTNER MESSAGE DRAFT

Hello _____,

I am reaching out on behalf of Kids4Kids Relief, a youth-led organization focused on helping kids and families prepare for and recover after natural disasters.

We are sharing Ready Together, a hurricane preparedness and youth mental wellness workbook for families. It includes quick-reference pages, family planning tools, supply checklists, student comfort items, and guidance for safe peer support.

Would your organization be open to sharing the free resource, hosting a short student-led session, or partnering on a supply or Normalcy Kit drive?

Thank you,

Possible Partner	Best Ask	Notes
Library	Host session / display resources	
Youth group	Ready Together activity	
Community center	Family workshop	
Local nonprofit	Supply or kit drive	
Local official / EM office	Review resources / share links	

Keep outreach nonpartisan, service-focused, and free-resource first.

Supply / Donation Drive Checklist

How to collect useful items without creating clutter or safety problems.

A supply drive works best when the list is specific. Collect items people actually need and that your group can sort, store, and deliver responsibly.

GOOD ITEMS TO COLLECT

- ☐ New flashlights or batteries
- ☐ Power banks or charging cords
- ☐ First aid supplies
- ☐ Shelf-stable snacks
- ☐ Hygiene items
- ☐ New notebooks, journals, or art supplies
- ☐ Pet supplies if requested
- ☐ Gift cards if allowed by partner organization

AVOID COLLECTING

- ☐ Expired food or medicine
- ☐ Used medical supplies
- ☐ Open hygiene products
- ☐ Damaged or dirty items
- ☐ Items no partner has agreed to accept
- ☐ Anything unsafe for kids to sort
- ☐ Large items without storage/transport plan
- ☐ Cash unless approved by adults/organization

DRIVE PLAN

PARTNER ORGANIZATION:

APPROVED ITEM LIST:

COLLECTION DATES:

DROP-OFF LOCATION:

SORTING VOLUNTEERS:

DELIVERY PLAN:

Confirm partner needs before collecting donations.

Normalcy Kit Drive



KIDS4KIDS REMINDER:

Normalcy is not a luxury. Familiar activities, school items, hobbies, and kindness can help kids feel less alone.

Helping kids feel seen, supported, and a little more like themselves after disaster.

Normalcy Kits are not just bags of supplies. They are small reminders that kids are still kids, even after a disaster interrupts their routines.

POSSIBLE KIT ITEMS

- ☐ Colored pencils, markers, or art supplies
- ☐ Book or age-appropriate activity
- ☐ Card game or small puzzle
- ☐ Comfort note from a student
- ☐ Hygiene items
- ☐ School supplies
- ☐ Small sports or hobby item if appropriate

PERSONALIZATION NOTES

- ☐ Age group: _____
- ☐ Interests: _____
- ☐ Gender-neutral items when possible
- ☐ Avoid items that could leak, break, or expire
- ☐ Check partner rules before adding food
- ☐ Keep notes kind but not overly personal
- ☐ Do not promise outcomes you cannot control
- ☐ Track how many kits are delivered

KIT IMPACT TRACKER

NUMBER OF KITS PLANNED:

NUMBER COMPLETED:

AGE GROUPS SERVED:

PARTNER / DELIVERY LOCATION:

STUDENT VOLUNTEERS:

NOTES / FEEDBACK:

Follow partner guidance for safe, appropriate donations.

Social Media Safe Messaging

How to share preparedness without spreading fear or rumors.

Social media can help families find resources, but it can also spread rumors quickly. Ready Together posts should be calm, helpful, nonpartisan, and connected to official sources.

POST THIS WAY

- ☐ Share official alert sources and resource links
- ☐ Use calm, practical language
- ☐ Tell people one clear action to take
- ☐ Remind families to print key information
- ☐ Include youth mental wellness reminders
- ☐ Link to the Ready Together Resource Hub

DO NOT POST

- ☐ Unverified storm rumors
- ☐ Scary or graphic disaster images
- ☐ Claims that are not from official sources
- ☐ Evacuation instructions you are not authorized to give
- ☐ Photos of children without permission
- ☐ Personal addresses, routes, or private medical details

CAPTION STARTER

Storm prep can feel overwhelming, but one small step helps. Start by writing down your emergency contacts, official alert sources, and one comfort item for each child or teen.

Download the free Ready Together tools here: _____

Hashtags / tags to consider: _____

Official source to link: _____

Feedback & Impact Tracker

Measure what you did so the work can grow and improve.

Impact tracking is not about bragging. It helps Kids4Kids Relief understand what families need, what students learned, and how Ready Together can improve.

Date	Activity	Students	Families	Notes
	Ready Together session			
	Quick Reference shared			
	Supply drive			
	Normalcy Kits			
	Chapter meeting			

FEEDBACK QUESTIONS

ONE THING PEOPLE FOUND USEFUL:

ONE THING PEOPLE FOUND CONFUSING:

ONE QUESTION FAMILIES STILL HAD

ONE CHANGE WE SHOULD MAKE NEXT TIME:

ONE QUOTE/TESTIMONIAL WITH PERMISSION:

Protect privacy when collecting feedback or testimonials.

Youth Leader Reflection



KIDS4KIDS REMINDER:

You do not need to be the loudest person in the room to be a leader. You need to care enough to help people take the next step.

What did I learn, who did I help, and what will I do next?

Leadership is not only about the event. It is also about reflection. Use this page after a session, drive, chapter meeting, or community project.

REFLECTION PROMPTS

WHAT DID I HELP CREATE OR LEAD?

WHO DID THIS PROJECT HELP?

WHAT DID I LEARN ABOUT PREPAREDNESS?

WHAT DID I LEARN ABOUT YOUTH MENTAL WELLNESS?

WHAT WAS HARDER THAN EXPECTED?

WHAT WOULD I IMPROVE NEXT TIME?

ONE PERSON I WANT TO THANK:

MY NEXT LEADERSHIP STEP:

READY TOGETHER CLOSING THOUGHT

Preparedness is not just about supplies. It is about helping kids feel safe, included, supported, and less alone.

Students can lead real change when they use credible information, stay grounded in service, and bring trusted adults into the work.

The goal is not fear. The goal is calm, connection, and action.