



Name: _____

How Would You Cope?

Directions: The article “Disaster Signals” (on page 14) examines how teens deal with the aftermath of a disaster. We hope you never have to experience another event like Hurricane Katrina or September 11, 2001. But if you do, it helps to know your inner strengths and on whom you can rely. For each category below, fill in the blanks. Keep this list as a reminder of how to get through a trying experience.

Describe a tough time that you have experienced.

What helped you get through that hardship?

Which parts of your personality might make it easier for you to cope with a disaster?

To whom can you turn for help during an emergency?

In an emergency, what could you do to help others?
