



TROPICAL CYCLONE ALFRED

STAYING CALM AND CONFIDENT

Natural disasters can feel overwhelming for anyone, especially young people. Talking early, making a plan, and taking small actions can help them feel calmer, more prepared, and in control.



STOP & BREATHE

Help young people recognise their feelings and reassure them that it's okay to feel unsure.



TALK IT OUT

Encourage them to ask questions, share worries and talk to a trusted adult about what's happening.



EXPLAIN THE PLAN

Understanding what's going on can reduce anxiety. Walk them through your family, school or community plan.



ACTIVELY PREPARE

Involve them in packing an emergency kit, checking batteries or choosing comfort items to take with them.



DO SOMETHING CALMING

Suggest relaxing activities like listening to music, reading, drawing or playing a game to help them stay at ease.



YOUR SAFETY MATTERS

Make sure they know where to go, who to call and what to do if things change.