

Are you and your community  
disaster-ready?

Thursday 27 June 2024



# Today's Aims

*Sustainability, spirit and speaking up for human rights*



## Gather the facts

You will understand why you need to plan for emergencies



## Lead by example

You will have started to prepare a plan



## Use your voice

You will know how to use your Zonta Spirit to share the plan



## Advocate

You will know how to find information about the disaster-related issues in your community



## Collaborate

You will be empowered to speak up for human rights by collaborating with other agencies to address the issues



# Today's Journey

The changing  
climate and you

Introducing  
Zonta Says NOW

Next steps

Are you and your  
community  
disaster-ready?





# Why does Zonta Say NOW?

Increased  
carbon pollution

Cause global heating and  
extreme weather events

Trigger social  
disruption

Magnify gender  
inequality



Stops the train by taking **climate action** and closing the gender gaps in **leadership, education, economic opportunity, health, and safety.**





# The Statistics

1°C rise in average temperature associated with 6% rise in violence against women

10% increase or decrease in average rainfall associated with 1% rise in child marriage – when crops fail, families sell their daughters into marriage

In 2022 alone there were more than 32 million climate refugees, and this could rise to 1.2 billion by 2050

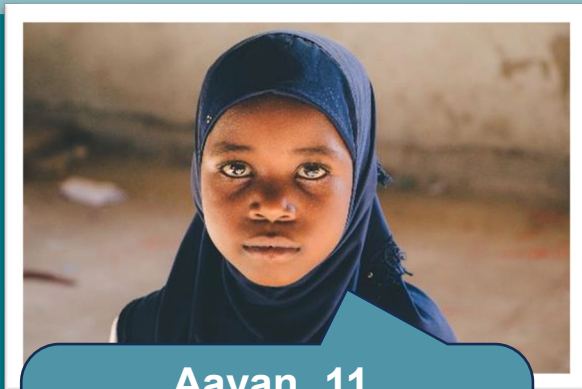
One in five women who are refugees or who have been displaced because of a natural disaster has experienced sexual violence



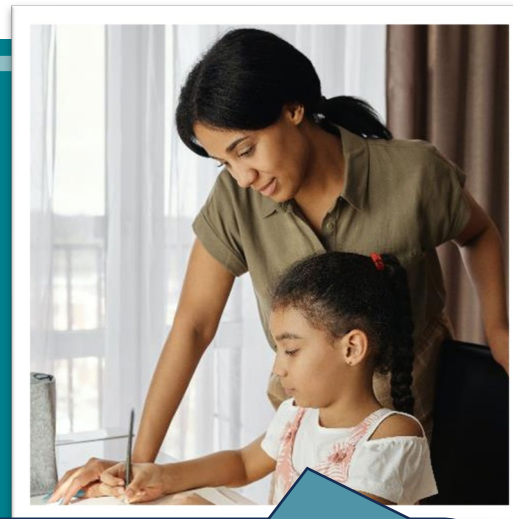
# Life for women and girls at the end of the train



**Dabor, 9, Sudan**  
Drought means no time for school.



**Aayan, 11, Mozambique**  
Floods led to child marriage.



**Judith, 42 and Clare 7, Canada**  
Wildfire smoke triggered Clare's asthma. Judith may lose her casual job as she cares for Clare.



**Maria, 79, Australia**  
Her heart condition is exacerbated in extreme heat and she cannot afford air conditioning.



**Freya, 51, Germany, in temporary shelter, 2 years after floods.**



**Ralia, 33, Nigeria**  
Floods destroyed the market taking away her livelihood. How will she feed her family?



# Our Purpose

**Zonta Says NOW  
seeks climate justice  
for women and girls**

So women and girls can  
**prevent, prepare for, respond to and recover from**  
the impacts of climate change on the same basis as men.





# Strategic Plan



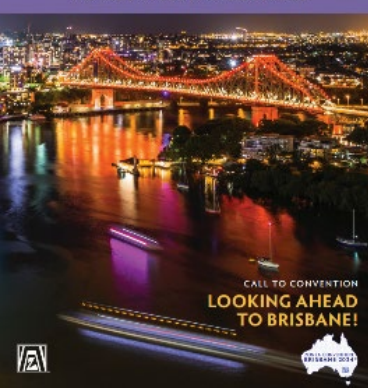
Zonta Says NOW is the campaign for climate justice

Zonta will fully embrace climate justice as an area of focus, and we will further develop Zonta Says NOW as the campaign for our activities to address climate justice at local, national and international levels.





THE  
**Zontian**  
THE VOICE OF ZONTA INTERNATIONAL



# ACHIEVING CLIMATE JUSTICE

## A Message from the Zonta Says NOW Working Group

Around the globe, women and girls are facing challenges within their everyday lives due to the climate crisis.

- In Mozambique, Aayan, age 11, is frightened she will be forced into marriage. Her family lost everything in floods, leaving them destitute and unable to feed her.
- In Australia, Maria, age 79, walks to the local library to find relief from extreme heat as she cannot afford to effectively cool her apartment. She has a heart condition and is worried about how she will financially, physically and mentally survive the summer.
- In Nigeria, Ralia, age 33, saw her entire market wash away in floods – taking away her livelihood and she is worried how she will feed her children.
- In Canada, Judith, age 42, has a daughter with severe asthma that is made worse by the wild weather. Judith is worried she may lose her daughter and not stay home to care for her child.

**Climate Justice:** Putting gender equity and human rights at the core of decision-making and action on climate change

## WHAT IS THE DIFFERENCE?

**Climate Change:** The long-term changes in the Earth's climate that are warming the atmosphere, ocean and land.

**Climate Crisis:** The serious problems that are being caused, or are likely to be caused, by changes in the planet's climate, including weather extremes and natural disasters, ocean acidification and sea-level rise, loss of biodiversity, food and water insecurity, health risks, economic disruption, displacement and even violent conflict.

**Climate Justice:** Putting gender equity and human rights at the core of decision-making and action on climate change as women and children are often more vulnerable in natural disasters. This is Zonta's focus on climate-related topics.

**Climate Action:** Actions we all should take to address climate change, climate crisis and climate justice.

Source: UNDP

## Changing Climate and the Gender Gap

As the changing climate is widening the gender gap, extreme heat, drought, fires, storms and floods cause severe social disruption, with millions losing their homes and livelihoods, and, in turn, magnify any existing inequalities, including gender inequality. Globally, women have less access to resources and opportunities than men, due to social norms and caring responsibilities. This makes them more vulnerable to the impacts of the climate crisis and more likely to be injured or killed during an extreme weather event. And, due to systemic gender inequality, women will find it harder to rebuild their lives after a disaster. The social upheaval caused by disasters increases women and

## The climate crisis is a human rights crisis — and a women's rights crisis.

UN Secretary-General Antonio Guterres, at CSW 66, 2022.

girls' risk of child marriage, forced prostitution, abuse, assault and human trafficking and also disrupts access to employment, education and health.

Yet women are key to resolving the climate crisis. Countries with more women in parliament often have more stringent climate policies and lower carbon emissions. When more women are on corporate boards, there is better transparency around carbon emission data. If women globally had the same legal rights as men, they could own and improve land (and feed 150 million more people), increase food security and start businesses to support their families. If girls had 12 years of education, they would have more choices, fewer children and more skills to build resilient communities than girls without education. Strengthening access to sexual and reproductive health gives women more options and opportunities, enabling their families and communities to survive better during and after a disaster.

## Closing the Gap with Zonta

The Zonta Says NOW Working Group's task is to implement the recommendations in *Zonta International's Statement on Climate Change* by closing the gender gaps in education, economic opportunity, disaster response, STEM, health and leadership to achieve climate justice.

To keep Zontians, their families and communities safe during the immediate disaster and their aftermath, we are coming up with practical steps to take. We are developing 'action' emergency response packages that would help address the dangers



*"When I visited our Ending Child Marriage project in Mozambique this year, I found that in every village, the local authorities said the biggest driver for child marriage was the changing climate. Homes that were hit by cyclones were destroyed and families did not have the means to rebuild them. To get the necessary money, families gave their adolescent daughters away to be married. We must take action to achieve climate justice, so no adolescents are forced to marry as a means to survive climate-related disasters." —President Ute Scholz.*

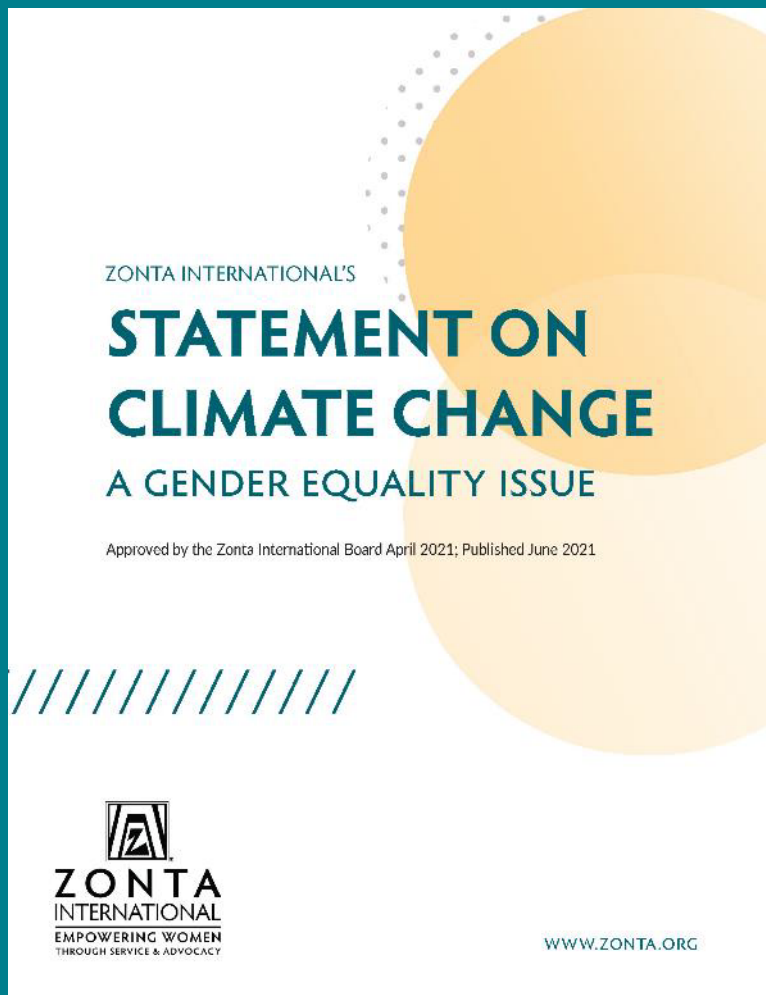
The climate crisis is a gender equality crisis in which women are disproportionately affected. Through Zonta Says NOW, you can be part of the solution to build a better world for women and girls. To find out more

**Working Group:** implements the recommendations in the Statement on Climate Change.





# Statement on Climate Change



## Calls on governments to

Meet obligations under **Paris Climate Agreement**

**Educate** girls and include STEM and climate change

Involve more women in **decision-making** processes

Enable women's full **participation in the economy**

Include women in **disaster preparedness planning** that includes women's health and safety needs

## Calls on members to

Increase **awareness** and raise awareness locally

Promote girls' **education**, climate literacy, women in STEM

Support women's inclusion in national and local **decision-making** on environmental sustainability.

Advocate for national policies that ensure women's full and equal **participation in the economy.**

Include **gendered climate change advocacy** actions





# Have you seen our Zonta Says NOW climate justice tools?

[zonta.org/zontasaysnow](https://zonta.org/zontasaysnow)

Virtual Art  
Gallery

Strategy

Statement on Climate Change

Think Tanks

Framework for  
action

Action Guides

Web sites

Videos

Leaflets

Fact Sheet

Disaster  
Ready Guides

Social media  
messages

Support  
from other  
Zontians 😊



# Disaster Preparedness Resources

## Framework for Action



## Disaster Preparedness Action Guide

### Action Guide 02 Disaster Preparedness and Response

Zonta International's [Statement on Climate Change: a Gender Equality Issue](#) (the Statement) contains recommendations for Zontans and governments to promote gender-equal climate justice.

Zonta Says NOW is developing a series of Action Guides to implement the Statement. The Action Guides focus on selected recommendations and use Zonta Says NOW's five-step process to generate some ideas for action. The five steps are: gather the facts, lead by example, use our voice, advocate, and collaborate.

The Zonta Says NOW Working Group encourages members, clubs, districts, and Unions/Caucuses to use the Action Guides as a starting point. Every country has different priorities and cultures, so please feel free to adapt and add actions as required. Please email any suggested improvements to [info@zontasaysnow.org.au](mailto:info@zontasaysnow.org.au).

**Recommendations covered by this Action Guide:**  
Zonta International calls on governments to include women in the formation of disaster preparedness and response plans. These plans should:

- Recognize the unique needs of women and girls.
- Prioritize their health and safety.
- Include responses to gender-based violence.

Anyone can be impacted by an extreme weather event, so it makes sense to be prepared for a disaster.

#### 1. Gather the facts

Ideas for action	Yes/No
Increase your awareness of disaster preparedness and response by accessing information from reputable sources, for example:	
<ul style="list-style-type: none"> <li>UN Women's <a href="#">Framework on Disaster Risk Reduction</a></li> <li>UN Women's <a href="#">Resilience to Disasters Knowledge Hub</a></li> <li>Red Cross and Red Crescent Societies</li> <li>World Bank's <a href="#">Gender Dynamics of Disaster Risk and Resilience</a></li> </ul>	
Who leads disaster preparedness and responses locally, regionally, nationally, and internationally?	
What are the biggest climate threats in your community - floods, sea-level rise, drought, heat, fires, storms, or other hazards?	
Which parts of your community will be most impacted? For example, people in flood-prone areas, people in high fire-risk areas, the poor who cannot afford cooling/heating, or the elderly, the disabled, and single parents with young children who cannot move quickly?	
What happens to women who have fled a disaster? What is in place to ensure their safety? Are there products and facilities to handle menstrual health and incontinence?	
Where can you find resources to help households to:	
<ul style="list-style-type: none"> <li>Prepare disaster plans?</li> <li>Respond in a disaster?</li> <li>Recover from a disaster?</li> <li>Know what to do if you are on holiday or away from home during a disaster?</li> </ul>	

Ideas for action	Yes/No
Where can you find information about your local area disaster response plans and what do they include? Are there early warning systems and how do they work? How do you find out if disaster relief funding is available?	
How are disaster response systems tested? Are evacuation and response procedures practised? Are local communities included?	
Where can you find gendered data for your region or country on people experiencing extreme climate events, displacement, and the status of women? For example, data on migration/immigration demographics, refugees, human trafficking, and gender-based violence.	
Do any members have expertise or experience in disasters? Are they willing to share it with club members?	

#### 2. Lead by example

Ideas for action	Yes/No
<b>Individual actions:</b>	
Get to know your neighbors as it helps to make your community more resilient.	
Prepare a home disaster plan that includes:	
<ul style="list-style-type: none"> <li>Details of critical information including passports, birth certificates, driving licenses, insurance, medications, doctors, utilities, will, and any other information you may need.</li> <li>List of evacuation items to pack in a bag such as medications, phone, passport, cash, radio, batteries, and other items that you think you may need.</li> <li>Where you will go in an emergency and who you will tell.</li> </ul>	
Train in first aid and/or mental health first aid.	
Train in early warning systems in disaster management.	
<b>Club actions:</b>	
Invite local emergency services, local disaster management groups, NGOs and Red Cross or Red Crescent to speak to the club to:	
<ul style="list-style-type: none"> <li>Describe local disaster management planning processes.</li> <li>Explain how local disaster plans cater for menstrual health, incontinence, disability and child and elder care.</li> <li>Describe how women feature in their organization's goals, strategies, or action plan and whether there are women on their board or in senior roles.</li> <li>Identify how Zonta may best support the community during a disaster.</li> </ul>	
Invite women who have been impacted by climate change-related disasters to:	
<ul style="list-style-type: none"> <li>Share their stories at meetings e.g., women from a refugee agency.</li> <li>Identify areas where Zonta may advocate for improvements.</li> </ul>	
Educate members to prepare for disasters e.g., host a home disaster planning workshop.	
Encourage members to undertake first aid training (physical and mental).	

#### 3. Use our voice

Ideas for action	Yes/No
<b>Individual actions:</b>	
Share what you have learned about disaster preparedness and the actions you have taken, with your family, friends, neighbours, work colleagues and on social media.	
Make presentations in schools and organizations, highlighting disaster preparedness and response issues.	
<b>Club actions:</b>	
Host a community event on how to plan for a natural disaster with speakers from local agencies.	
Include a disaster planning session at an area workshop or district conference.	

#### 4. Advocate

Club actions:	Yes/No
Advocate to local disaster management committees to:	
<ul style="list-style-type: none"> <li>safeguard women's health and safety during an emergency</li> <li>involve women in the management of shelters and refugee camps.</li> </ul>	
Advocate for support for (and support) those parts of your community identified as most at risk from climate-related disasters.	
<ul style="list-style-type: none"> <li>Example: In Ghana, Zontans support income generation and scholarships to prevent girls in rural communities from migrating for work to cities, where they are often vulnerable to trafficking and violence.</li> <li>Example: In Nigeria, Zontans advocate for trauma counseling, rehabilitation, and economic support where possible, for women impacted by floods.</li> </ul>	
Find out if there are training courses available that could be useful for learning about and responding to local environmental risks and advocate for them to be widely publicized.	
Advocate for gender equality measures that are inclusive - meeting the needs of the elderly and people with disability in the context of climate change impact planning and disaster management.	
Advocate for the education of children to be field-based rather than merely classroom-based.	
Advocate for and support the training of youth to be climate champions.	

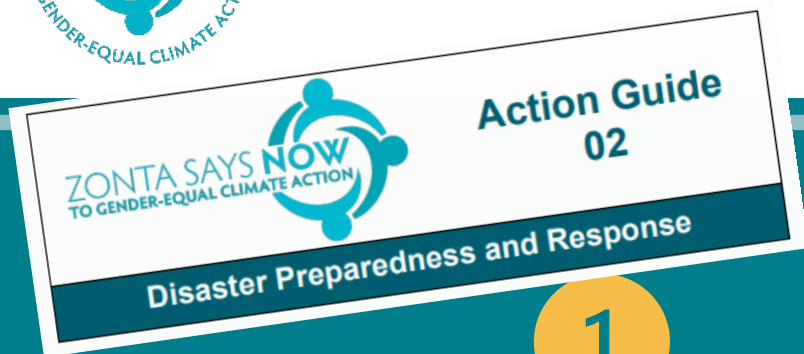
#### 5. Collaborate

Club actions:	Yes/No
Invite other Zonta and G2, and Z clubs to attend a seminar on local disaster response initiatives and careers.	
Work with other women's groups, e.g., Soroptimists, BPW to advocate for climate/natural disaster refugees women in our city/state/country.	
Work with partners in the community in a service project to address the needs of people after a disaster.	
Collaborate with local government or local gardening groups/experts to encourage community members to grow vegetables for home consumption.	
Develop emergency evacuation planning tools and resources with a women's refuge. Note that many items needed before leaving home/school are the same for climate disasters or violence.	
Collaborate. Create a partnership with an emergency organization. Develop a guide/video/podcast to raise awareness of local disaster management agencies and useful websites.	





# Disaster-Ready Guides



[zonta.org/zontasaysnow](https://zonta.org/zontasaysnow)

1







Photo: Pexels

**Disaster-Ready Guide 1**

**Why are women and girls more vulnerable to the impacts of disasters?**

This document is designed to be read onscreen as it contains hyperlinks

2



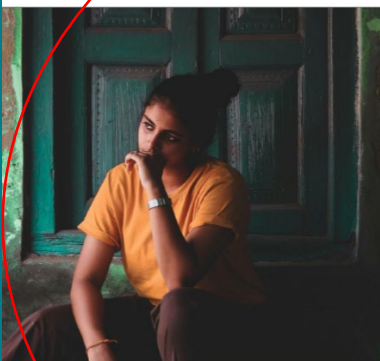


Photo: Pexels

**Disaster-Ready Guide 2**

**Is your household disaster-ready?**

This document is designed to be read onscreen as it contains hyperlinks

3





Photo: Pexels

**Disaster-Ready Guide 3**

**Is your community disaster-ready?**

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4





Photo: Shutterstock

**Disaster-Ready Guide 4**

**Where are your local disaster relief organizations?**

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5





Photo: Pexels

**Disaster-Ready Guide 5**

**Is your country disaster-ready?**

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# Today's Journey

The changing  
climate and you

Introducing  
Zonta Says NOW

Are you and your  
community  
disaster-ready?

Next steps





# Stories from the Think Tank...



The climate is changing

See the full videos at  
[zontasaysnow.org.au/intercontinental-think-tank](https://zontasaysnow.org.au/intercontinental-think-tank)



How did the video  
make you feel?





# HANDS UP

Which types of extreme weather events have affected your life, livelihood and/or community?

*You can provide multiple answers*

Storms

Heat

Flooding

Drought

Rising sea level

Fires / smoke

Other

# Today's Journey

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# DISCUSSION

What other  
types of  
emergency  
could make  
**you** leave  
your home  
quickly?

5 minutes





## Disaster-Ready Guide 2

# Is your household disaster-ready?

This document is designed to be read onscreen as it contains hyperlinks

*This leaflet is designed to get you thinking about your personal preparedness so you can assess if you are disaster-ready. Use it as a conversation starter with your family and friends.*

## 1. Getting ready

- **What kind of disasters are likely in your area?** Are they storms, tornadoes, floods, sea-level rise, drought, heat, fires, or other hazards?
- **Are you mentally ready for a disaster?** How do you react to stress? How does your body feel when stressed? What can you do to manage your feelings and thoughts so you prepare your mind for an emergency, e.g. breathing, positive thoughts.
- **Do you have a household disaster plan?** What does it include? Does everyone in the household know where it is and what to do in an emergency? Has everyone in the household practised the actions in the plan? Do you review the plan? If so, how often? Does the plan include where you will go if you need to evacuate, how you will communicate with each other, who will take care of your pets and plants, and what documents and supplies you will need?
- **How will you find out about a disaster?** Are you familiar with the early warning systems in your area and where to get information about current disasters?
- **What if you are away from home?** Do you know what to do if you are on holiday or away from home during a disaster? What if you have visitors staying with you?
- **Do you know your neighbors?** They may be the first people you call on for help in a disaster.

- **Do you know first aid?** Have you had training in first aid and mental health/psychological first aid?
- **What will you pack in an emergency kit?** Does it include water, food, flashlight, radio, first aid kit, cash and important documents. Can you carry it easily?

## 2. What does your household disaster plan include?

*Print out your plan, make sure everyone knows where it is, and take it with you. Don't rely on your phone for information as there may be no power.*

Does your plan include:

- **Your emergency information:** This includes your name, contact details, medical conditions, medications, allergies, and any support network or out-of-town contacts you have.
- **Your important services:** This includes the company name, account number and contact details for electricity, gas, water, internet, phone, insurances, and roadside assistance.
- **Your local radio emergency broadcast frequency:** This is the radio station that broadcasts emergency information and alerts in your area.
- **Your agreed meeting places:** This is the location where you can meet with your family or friends near your home, or where you will evacuate to during an emergency. It could be a friend's house, a relative's house, a hotel room, or a public shelter.
- **Your medical plan:** This includes the name and contact details of each person who can

# 2

help you in an emergency e.g your doctor, hospital emergency department, chemist, optometrist, dentist, and any other medical providers you need to contact in an emergency.

- **Your medical conditions** and how you plan to manage these conditions during and after an emergency.
- **Your current medications, medical aids and equipment:** This includes the name and dose of each medication you are currently taking and contact details for the prescribing doctor, any allergies and sensitivities (food, medication). Note the serial numbers of medical aids/ equipment in case they are lost or damaged.
- **Your pet management plan:** Can you take your pet with you? What about large animals? Do you have a plan for them if you are not at home when the emergency happens?
- **What else** would you include in your plan?

## 3. What to pack?

How quickly may you need to leave your home?

- *What would you keep packed and ready to go within 5 minutes?* (For example, the police have knocked on the door and you need to get out now)
- *What you would add if you had 30 minutes warning?* (For example, rising flood waters)
- *What you would add if you had a day's warning?* (For example, cyclone approaching)

How will you pack and carry the items?

- Will you use a backpack so your arms are free or a small suitcase with wheels, or boxes?

**Discuss this checklist with your household members. Which items will you need?**

## Water and Food

- Will you need food and water? If so, how much? How often will you rotate it in your disaster kit?
- Will you need to purify water, such as boiling, filtering, or chlorinating?
- Do you need food for people with special dietary needs, such as infants, elderly, or people with allergies?

## Medical Supplies

- What will you put in your first aid kit?
- Can you quickly access prescription medications, eyeglasses, contact lenses, hearing aids, and other medical devices that you or your family members need?
- Will you need face masks and hand sanitizer?

## Clothing and Footwear

- How many changes of clothes and footwear per person will you take? Will you need, jackets, hats, gloves, boots etc?
- Will the clothing need to protect you from rain, wind, sun, cold, heat, etc?
- Will you need sleeping bags, blankets, a tent, or tarpaulin?

## Tools and Equipment

- Do you have a flashlight, a radio, and extra batteries to receive information and see in the dark?
- Will you need a whistle, a signal mirror, or a flare to attract attention and call for help?
- Will you need a knife, a multi-tool, a can opener, and a fire starter to cut, open, and cook food and other items?
- Will you need a map, a compass, and a GPS device to navigate and locate your position?
- Do you have a phone, a charger, and a power bank to communicate and access information?

## Important Documents and Money

- Do you have
  - ◊ copies of your identification, passport, birth certificate, marriage certificate, insurance, bank account, property deed, etc.
  - ◊ contact information of your family, friends, neighbors, doctors, employers, etc.
  - ◊ cash and coins in local currency and small denominations.
- Can you store all documents in a waterproof and fireproof container or a digital format?

## Personal items / Irreplaceable items

- Are there photographs, paintings, family heirlooms, awards, or jewellery that you want to take with you?
- What about children's toys?

## 4. Write your plan

Now you have discussed the plan, it is time to write it down. Many organisations have templates to help you write a disaster plan for your household. Check what resources may be available in your country from your:

- government disaster agency or
- national Red Cross or Red Crescent agency.

Alternatively, get started by downloading the Australian Red Cross [RediPlan](#) resources. Watch Liz Witham's [presentation](#) (ZC Prowers County, District 12) where she shares how she prepares for evacuation from cyclones and fires.

The Zonta Says NOW [Disaster-Ready Guides](#) support *Action Guide 02: Disaster Preparedness and Response*.



# Are you prepared?



Prepare your mind for  
an emergency

**STEP 1: GET IN THE KNOW**

**STEP 2: GET CONNECTED**

**STEP 3: GET ORGANISED**

**STEP 4: GET PACKING**

Share what you  
have learned





# FIRST THINGS FIRST: PREPARE YOUR MIND



Page 6

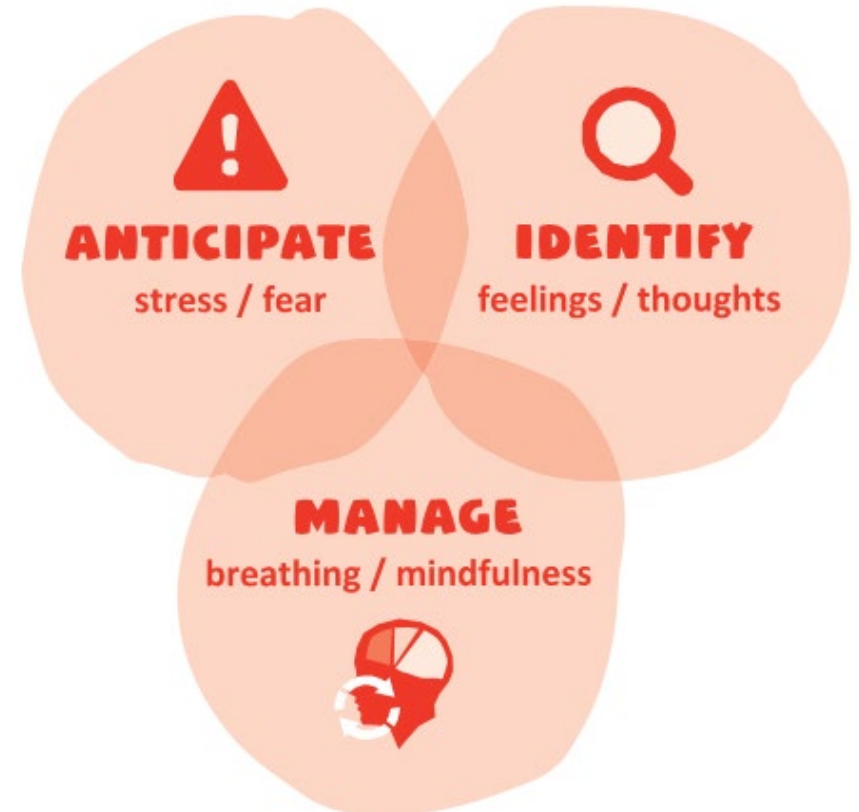
Anxiety, fear, uncertainty,  
helplessness

Irritability, upset stomach,  
headache, tight chest

Deep relaxed breathing,  
Breathe in colour

I can't cope, I'm scared,  
I don't know what to do

I can handle this,  
I'm coping













# Are you prepared?



Prepare your mind for  
an emergency



**STEP 1: GET IN THE KNOW**

**STEP 2: GET CONNECTED**

**STEP 3: GET ORGANISED**

**STEP 4: GET PACKING**

Share what you  
have learned



Know what you can and can't do to help yourself



## **PERSONAL ASSESSMENT WORKSHEET**

5 mins



## Identify a personal support network

### HEY NEIGHBOUR!

Besides being fulfilling in many other ways,  
being a part of a community will help you  
in an emergency.



Your Emergency  
**RediPlan**

[redcross.org.au/prepare](https://redcross.org.au/prepare)



Do you know your  
neighbours? If not, how  
will you meet them?





## STEP 3 GET ORGANISED

Page 1

Write down your  
medical information

Make a financial plan

Get and review insurance

Identify a next of kin

Identify a power of attorney

Make a will

Plan for your pets/stock

Protect the things you  
can't replace

See the template  
at the back of the  
book

Write down your  
emergency plan



Review and practise  
your plan annually  
and keep it in an  
easy to find place.



### YOUR REDIPLAN

'S RediPlan.



Footage courtesy of ABC



Play (k)



0:00 / 1:30







Wind has changed direction.

Fire is approaching your street.

You must evacuate NOW.

**What do you take with you?**



2 minutes





Wind has changed direction.

Fire is approaching your street.

You must evacuate NOW.

**What do you take with you?**

2 minutes





# Survival items

What was  
on your list?

# Recovery items

<https://www.youtube.com/watch?v=Sqq3KkR-irU>



# STEP 4 GET PACKING

[Redcross.org.au/prepare](https://www.redcross.org.au/prepare)

## Survival items

☐ Light



☐ Water



☐ Food



☐ Cash



☐ Toiletries



☐ First Aid Kit



☐ Special medical supplies or equipment



### Take your medicine

Medical needs are an important consideration for everyone when packing a Survive and Recover Kit.

Plan to have 14 days' worth of any medications you might need.

☐ Radio  
(battery-powered)



☐ Chargers



☐ Protective clothing / blankets



☐ Pet essentials



## Recovery items

☐ Scans or photocopies of important documents



- ☐ Passports
- ☐ Wills
- ☐ Driver's licences
- ☐ Marriage and birth certificates
- ☐ Land titles
- ☐ Mortgage papers
- ☐ Insurance papers
- ☐ Prescriptions
- ☐ Medical histories
- ☐ Child immunisation books.

☐ Your RediPlan



☐ Copies of videos and photos



☐ Photographs of valuable household items



Entertainment

### Comfort the kids

Children will need familiar things to help comfort them in a stressful and uncertain situation. Talk to your kids about what's important to them.

<https://www.youtube.com/watch?v=Sqq3KkR-irU>





# Building on your experience

For those who have had to evacuate  
– what other items would you  
recommend?

# Are you prepared?



Prepare your mind for  
an emergency

**STEP 1: GET IN THE KNOW**

**STEP 2: GET CONNECTED**

**STEP 3: GET ORGANISED**

**STEP 4: GET PACKING**

Share what you  
have learned



How will you share what you  
have learned

5 minutes

<https://www.redcross.org.au/prepare/>





# What are your 'Take Home' Messages?

1. Develop your emergency response plan.

- Emergencies are scary but you can prepare ahead of time.

2. Help your neighbours and friends to develop their plans.

- Your safety may depend on you helping each other.

3. Learn what happens in your community.

- Invite your local emergency responders to your club meeting
- As a club, use the form to list the agencies that can help your community.





# Today's Journey

The changing  
climate and you

Introducing  
Zonta Says NOW

Are you and your  
community  
disaster-ready?

Next steps





Photo: Pexels

### Disaster-Ready Guide 3

# Is your community disaster-ready?

This document is designed to be read onscreen as it contains hyperlinks

*This leaflet is designed to inspire Zonta clubs to find out more about their community's disaster preparedness and response plans and how the plans meet the needs of women and girls.*

Disasters can strike at any time, and they can have devastating impacts on the lives and livelihoods of people, especially women and girls.

Zonta International calls on governments to include women in the formation of disaster preparedness and response plans that:

- Recognise the unique needs of women and girls.
- Prioritize their health and safety.
- Include responses to gender-based violence.

Do you know what happens in your community before, during, and after, a disaster? Does your community's disaster and preparedness response plan adequately address the needs of women and girls? How can your club support local disaster response initiatives?

*Meet with your local government or emergency service representatives and ask them these questions. Invite them to attend a meeting to share their knowledge and experience with members.*

## 1. What does your organization know about the community?

- **Types of disaster:** What are the main types of disaster that affect the community and how often do they occur?
- **High risk areas:** Which areas are prone to fires, floods, or other extreme weather events?

- **Data collection:** Do you know where vulnerable people are located? How do you measure the impacts that disasters have on the community's health, safety, environment, economy, and social well-being? Do you collect any gendered data?
- **Early warning:** When and where are early warning systems used and how do you know they have reached everyone?
- **Testing response plans:** How are disaster preparedness and response systems tested? Are evacuation procedures practised? Are local communities involved?
- **Funding:** How is disaster planning, response and recovery funded? Is disaster relief funding available for affected community members?

## 2. How does your organization include women in disaster preparedness and response planning?

- **Stakeholder engagement:** How do you involve women, women's groups, civil society organizations, and other stakeholders in the planning, implementation, monitoring, and evaluation of disaster response plans?
- **Women's participation and leadership:** How many women and men are involved in your disaster planning processes? How many women are in decision-making roles?





# 3

- **Needs assessment:** How do you assess the gender-specific needs and vulnerabilities of women and girls in your community before, during, and after a disaster? For example,
  - ◊ How do you address the specific needs and challenges of women and girls who are menstruating, pregnant, lactating, or are caring for young children or elderly people in disaster situations?
  - ◊ How do you prevent and respond to sexual and gender-based violence (SGBV) in disaster settings?
  - ◊ How do you support the poor who cannot afford cooling/heating and the homeless?



Photo: Pexels

The Zonta Says NOW [Disaster-Ready Guides](#) support *Action Guide 02: Disaster Preparedness and Response*.

See also *Disaster-Ready Guide Where are your local disaster organizations?*

## What can our club do to raise awareness of disaster preparedness?

### 1. Gather the facts:

- Invite local emergency services, local disaster management groups, NGOs and Red Cross or Red Crescent agencies to speak to the club to:
  - ◊ Describe local disaster management planning processes.
  - ◊ Explain how local disaster plans cater for women's safety, menstrual health, incontinence, disability, and child and elder care.
  - ◊ Describe how women feature in their agencies' goals, strategies, and disaster plans and whether there are women on their board or in senior roles.
  - ◊ Suggest how Zonta may best advocate and provide support to the community's disaster planning processes.
- Invite women who have been impacted by climate change-related disasters to share their stories at meetings e.g., women from a refugee agency.

### 2. Lead by example:

- Encourage members to:
  - ◊ Prepare a household disaster readiness plan.
  - ◊ Undertake physical and psychological first aid training.
- Include a disaster readiness session at a club meeting, area workshop or district conference.

### 3. Use our voice:

- Share what we have learned about disaster preparedness and the actions we have taken, with

our family, friends, neighbours, work colleagues and on social media.

- Develop a guide/video/podcast to raise awareness of local disaster management agencies and useful websites.

### 4. Advocate:

- Advocate to local disaster management committees to:
  - ◊ Safeguard women's health and safety during an emergency.
  - ◊ Involve women in the management of shelters and refugee camps.
- Advocate for adequate funding and resources for local disaster management agencies to prepare and support their communities before, during and after a disaster.

### 5. Collaborate:

- Work with members of other Zonta, Golden Z, and Z clubs to host a community event on local disaster response initiatives and careers.
- Work with other service organizations, e.g., Soroptimists, Rotary to raise awareness and advocate for disaster management issues.
- Create an alliance with an emergency organization.

## Further reading

[A practical guide to gender-sensitive approaches for disaster management](#)

[Tool 18: Gender Responsive Disaster Preparedness](#)



## Disaster Ready Guide 4

# Where are your local disaster relief organizations?

This document is designed to be read onscreen  
as it contains hyperlinks

*Insert the names of, and links to, the organizations  
that provide these services in your community and  
share with your club members.*

- Zonta Club of

### Before a Disaster

- Emergency warnings:
- Disaster preparedness plan template :
- Emergency apps:
- What to do with pets in an emergency:
- Physical and psychological first aid training:

### During a Disaster

- Agency/Radio Station (AM or FM) to listen to:
- Emergency Services:

### After a Disaster

- Mental health support:
- Tips to clean up, dry out and repair your home:
- Donations:

### Disaster Management Agencies

- National government agency that develops and implements the national strategy for disaster risk reduction:
- National government agency that oversees disaster coordination and funding:
- State/province government agency that develops and implements the state/province disaster management plans:
- Local government where this Zonta club meets:
- Local government disaster management plan:
- Red Cross or Red Crescent agency:
- Weather agency:

#### Further Reading

- ◇ District 23, [Guide to Disaster Management](#)
- ◇ [Is your community disaster-ready?](#)
- ◇ [Disaster-Ready Guides](#) and [Action Guide 02: Disaster Preparedness and Response](#).
- ◇ [What 3 Words](#) location app





Create a resource with links to your local agencies



## Guide to Disaster Management

This document is designed to be read onscreen

### How prepared are you for a disaster?

There are many reasons why you may need to leave your home quickly. The trigger could be a bushfire, storm, flood, earthquake, home fire, violence, or a vehicle crashing into your home. No matter the cause, the result is the same. You need to get out fast – but how prepared are you? How prepared is your household and community?

One in three Australians will experience a disaster in their lifetime. Many emergency services agencies and not for profit organisations like the [Australian Red Cross](#) have a range of resources to help you before, during and after a disaster.

#### *Before a disaster*

- **Make sure you can receive emergency warnings** and information using your local emergency warning apps. Understand what your local risks are.
- **Create your own preparedness plan**, like the Red Cross [Rediplan](#). Use the interactive template to list your emergency information including important numbers, medications, insurance details, neighbours and where you will go in an emergency. Print this out and store it somewhere where everyone in your house can see it – and if your phone is flat or there is no power, you can access the information quickly.
- **Download the [Get Prepared app](#)**. This will keep your emergency plan close at hand.
- **Think about what is important to you** and build your [survival kit](#). What will you put in your 'go bag'? If you live in a high-risk fire zone, you may consider storing valuables off-site for the bushfire season.
- Think about what you will do with your pets and other animals.

- **Get to know your neighbours**. Neighbours may be the first people you call upon for help. Use the [Connecting to the Social Grid](#) cards (on page 35) to introduce yourself.
- Get [Psychological First Aid](#) or [emergency volunteer training](#) so you can help yourself and others work through the disaster process.

#### *During a disaster*

- **Keep up to date** with information broadcast from authorised agencies and follow instructions about evacuation and returning home.
- **Connect** with your support networks and community.
- **Let others know you are safe**. Use your mobile phone to send out a message on Facebook or email. Be aware of the [Register.Find.Reunite](#) program managed through the Australian Red Cross that lets family, friends and emergency services know that you are safe.

#### *After a disaster*

- **Be guided** by the [Recovery Basics](#). This focuses on your mental health and how you can help others.
- **Clean up**. The [Cleaning up after an emergency](#) booklet has many tips to clean up, dry out and repair your home after wind or water damage.
- **Provide help**. Too often donations of clothes or goods end up in landfill so the best way to help is by donating money. Information about donations is made available during disasters.

This guide was developed in collaboration with the [Australasian Women in Emergencies Network](#)

**Australasian Women in Emergencies Network**



## How prepared is Australia for a disaster?

In Australia we have a shared responsibility approach to disaster management.

There are a number of emergency, government and not for profit agencies involved in disaster management in Australia, at local, state and national level. They all have an important role to play, alongside communities and households.

Internationally, Australia adopted the [United Nations Sendai Framework for Disaster Risk Reduction](#) in 2015. This outlines targets and priorities to prevent new and reduce existing disaster risks and informs the Australian National [Strategy](#) for Disaster Resilience and the National Disaster Risk Reduction [Framework](#).

Australia's latest Sendai progress [report](#) showed that the increased frequency and duration of extreme weather events means there is no longer an 'off-season' for disasters. Governments at all levels are working to better harmonise their actions and share resources to meet the increasing challenges ahead.

### Government preparedness

At the Federal level, the [National Emergency Management Agency](#) – oversees disaster coordination and funding and has two valuable tools:

- [Disaster Assist](#) provides access to recovery services and support agencies wherever you are in Australia. Simply select the type of disaster (flood, bushfire etc), the type of assistance required (financial, emotional, health, business, disaster recovery centre etc) and your address – to show a full range of service providers near you and their contact details.
- [Interactive map](#) showing declared disaster-affected Local Government Areas, and recovery and resilience projects underway.

State/Territory governments implement their emergency management plans through coordinated programs on disaster prevention preparedness, response, and recovery. Most emergency management agencies have useful resources and maps of local warnings and incidents. Some also have apps and the facility to sign up for emergency alerts and notifications.

Check out your local agency:

- Australian Capital Territory: <https://esa.act.gov.au/>
- New South Wales: <https://www.nsw.gov.au/emergency>
- Northern Territory: <https://pfes.nt.gov.au/emergency-service>
- Queensland: <https://www.qld.gov.au/emergency/>
- South Australia: <https://www.safecom.sa.gov.au/>
- Tasmania: <https://www.alert.tas.gov.au/>
- Victoria: <https://emergency.vic.gov.au/>
- Western Australia: <https://www.emergency.wa.gov.au/>

Every State and Territory also has an urban and rural fire service and a [State Emergency Service](#).

- In a flood or storm, SES-trained volunteers can provide non-life-threatening emergency relief. Most frequently this can include temporarily fixing damaged, walls, windows, or roofs, removing fallen trees blocking access and halting rising floodwaters.
- Call 132 500 to access the local SES from anywhere in Australia.
- For life-threatening emergencies call 000.

**Local Governments** have emergency management plans that identify hazards, assess risks, and include arrangements to protect their communities.

- Check with your [local government](#) to see what arrangements are in place to evacuate the community safely and where the nearest evacuation centres would be for people and animals.

### Other key agencies

- [Gender and Disaster Australia](#) has guidelines, videos and other resources to promote the prevention and control of violence, abuse and discrimination against women, children and LGBTIQ+ people and men's self-harm and suicide, before, during, and after emergency and disaster situations.
- The [Australian Institute for Disaster Resilience](#) has an impressive Knowledge Hub and provides networking, professional development, and volunteer leadership training to strengthen disaster resilience. It also has an annual photography award.
- The [Bureau of Meteorology](#) provides weather warning notifications, enables you to track storms on its radar maps, and has information about long-range weather and climate impacts.

### Useful tools

- [Emergency Alert](#) is a national emergency warning system where emergency services send voice messages to landlines and text messages to mobile phones in a geographical area impacted by an emergency. **Don't block messages that come from +61 444 444 444.**
- [Emergency Plus](#) uses a smartphone's GPS functionality to help a triple zero (000) caller provide the critical location details needed to mobilise emergency services.  
  
The app was developed by Australia's emergency services and their government and industry partners. It includes a [What 3 Words](#) address to make it easier to describe your location.
- The [Australia Post Digital ID app](#) helps you to confirm your identity in an emergency by validating key documents such as your drivers licence, passport, birth certificate and Australian citizenship.

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# Today's Takeaways

*Sustainability, spirit and speaking up for human rights*



**Gather the facts**

You now understand why you need to plan for emergencies



**Lead by example**

You now have started to prepare a plan



**Use your voice**

You now know how to use your Zonta Spirit to share the plan



**Advocate**

You now know how to find information about the disaster-related issues in your community



**Collaborate**

You are now empowered to speak up for human rights by collaborating with other agencies to address the issues



# Statement on Climate Change



## Calls on governments to

Meet obligations under **Paris Climate Agreement**

**Educate** girls and include STEM and climate change

Involve more women in **decision-making** processes

Enable women's full **participation in the economy**

Include women in **disaster preparedness planning** that includes women's health and safety needs

## Calls on members to

Increase **awareness** and raise awareness locally

Promote girls' **education**, climate literacy, women in STEM

Support women's inclusion in national and local **decision-making** on environmental sustainability.

Advocate for national policies that ensure women's full and equal **participation in the economy.**

Include **gendered climate change advocacy** actions





# Remember, we have the tools to create a better world for women and girls ...

Strategy

Think Tanks

Statement on Climate Change

Virtual Art  
Gallery

Framework for  
action

Action Guides

Web sites

Videos

Fact Sheet

Disaster  
Ready Guides

Social media  
messages

Support  
from other  
Zontians 😊

Leaflets

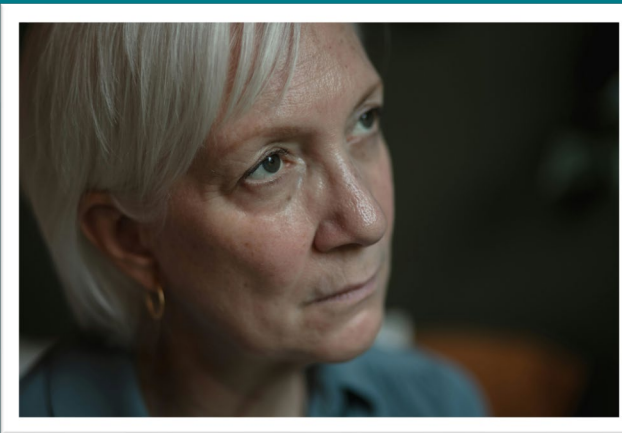
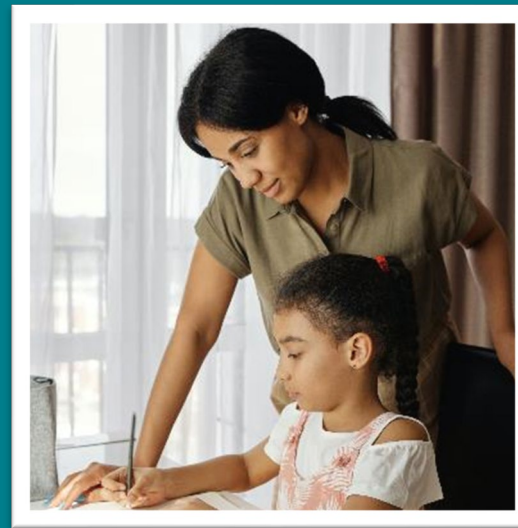
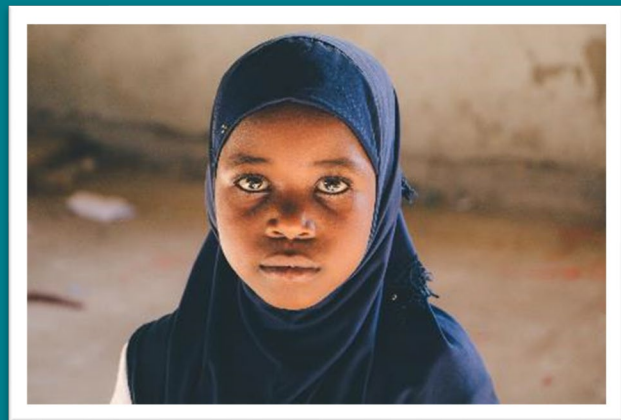
[zonta.org/zontasaysnow](http://zonta.org/zontasaysnow)



## Our toolkit is always growing



# So we can achieve climate justice for women and girls







Thank you.

[zonta.org/zontasaysnow](https://zonta.org/zontasaysnow)

Are you and your community  
disaster-ready?

Thursday 27 June 2024