

Anisi Semirit ar repwe Fofor ngeni

Murin ew Katano

Katano kena ra kan tongeni nikiti semirit me pwan anuwen me fopun kena non nuwokus, arukorukeno me pwan mefin noninen. Ar ponu kena epwene kan fakkun sakopateno. A kan fakkun auchea ren kosapw chok asisina ekkei ponu ngeni, nge pwan anisi semirit kena ar repwe fofor ngeni ar memef kena.



Kapas usun ewe mwonumwon fiti noum kewe semirit. Poputa seni eom eis usu ar weweiti ren met ewe a kan fis.

Awuusening ren ekkena rese weweiti ina epwene fis fiti ekkena ekkiekin nuwokus me/ika nonineng kena. Aewin kakapas ngeni met kena rese weweiti me pwan iwe fofor ngeni ekkena nuwokus me/ika nonineng kena ina repwene kan pwano.



Pesei ngeni noum kewe semirit pwe repwe eis kapaseis kena me pwan ponuwani ekkena kapaseis wenechar ngenir. Usun chok aramas nap kena, semirit ra kan eoch ar repwe fofor ngeni ew osupwang ika pwe ir ra mefi pwe ra kan weweiti.



Ekkieki eom kopwe ereni mefieom usun ewe osupwang ngeni noum kewe semirit. Ei a kan ew attun fansoun ren eom kopwene fori pwe emon repwene mochen repwe kan usun ren ifa usun eom kopwe fofor ngeni me pwan ifa usun eom kopwe amon ngeni mwach kaan. Tumunu pwe kopwe kan tongeni pwarano ew eochun ika aneaneochun amon.



Apechakuna ngeni semirit kena ren ekkewe fofor ra kan foforino ren tumununur. Katano kena me pwan ekkoch osupwang kena ra kan achema ngeni kich pwe kich sise kan fakkun unusen tumun seni feiengaw. Apechakuna ngeni semirit pwe ir repwe kan mefi tumun non ar sukun kewe, imwer kewe, me pwan non ar nenien nonom kena.

Ika pwe en ka mochen aninis, kori ika text ewe Disaster Distress Hotline: 1-800-985-5990, ika kori ika text 988 ren eom kopwe tori ewe Suicide & Crisis Lifeline.

Aninis won Anisi Semirit ar repwe Fofor ngeni

Aweweni - usun a mecheres me pwan wenechareno usun eom tongeni - meta ei a fis ika epwene kan fis. Ewe awukukun poraus ina epwene aninis ngeni semirit a kan anongonong won ierir me pwan wukukun ar marita, me pwan usun sakkun ar fofor ngeni. Ren awewe, semirit kena ra watte ra kan unusen mochen, me pwan repwene aninis seni, chomong tichikin poraus seni kukun semirit kena. Pokiten meinis semirit ra kan kono fesen, angei asisin seni pusin noum semirit kena usun fita awukukun poraus kopwene awora.

Awukuku simpungun katano kena me pwan ekkoch foforun osupwang kena, akaewin ren kukun semirit kena. Ekkieki pwonupwonun won meinis simpung, mi pachenong television, ewe internet me pwan social media. Nupwen semirit kena remi watte ra katon television, sattuni eom kopwe katon fitir me pwan eaea ewe attun fansoun eom kopwe kakapas ngenir usun met ra kan kuuna me pwan ifa usun en me noum kewe semirit auwa kan mefi.

Anisi noum kewe semirit ne aaitata pechakunen fofor kena ir ra tongeni fori ren ar repwe anisi ekkena ra ngaweno seni met kena ra fis non ei attun. Chieno seni awenewenen ekkiek won met kewe repwe fen fori me mwan, awena ekkiekum won meta ra tongeni fori iei ren ar repwe anisi ekkena ra ngaweno seni ewe met a fis.



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Helping Children Cope

Following a Disaster

Disasters can leave children and teens feeling frightened, confused and insecure. Their responses can be quite varied. It's important to not only recognize these reactions, but also help children cope with their emotions.



Talk about the storm with your child(ren). Start by asking about their understanding of what has occurred.

Listen for any misunderstandings that might be present along with underlying fears and/or concerns. Address misunderstandings first and then address any fears and/or concerns that might be present.



Encourage your children to ask questions and answer those questions directly. Like adults, children are better able to cope with a crisis if they feel they understand it.



Consider sharing your feelings about the crisis with your children. This is an opportunity for you to serve as a role model about how to cope and how to plan for the future. Be sure you can express a positive or hopeful plan.



Reassure children of the steps being taken to keep them safe. Disasters and other crises remind us we are never completely safe from harm. Reassure children they should feel safe in their schools, homes, and communities.

Tips on Helping Children Cope

Explain - as simply and directly as possible - what is happening or likely to happen. The amount of information that will be helpful to children depends on their age and developmental level, as well as their coping style. For example, older children generally want, and will benefit from, more detailed information than younger children. Because every child is different, take cues from your own children as to how much information to provide.

Limit media of disasters and other crisis events, especially for younger children. Consider coverage on all media, including television, the internet and social media. When older children watch television, try to watch with them and use the opportunity to discuss what is being seen and how it makes you and your children feel.

Help your children identify concrete actions they can take to help those affected by recent events. Rather than focus on what could have been done, concentrate on what can be done now to help those affected by the event.

If you need help, call or text the Disaster Distress Hotline: 1-800-985-5990, or call or text 988 to reach the Suicide & Crisis Lifeline.



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