



After a disaster, you may feel afraid, frustrated, irritated, or angry. No matter how you feel, never take these feelings out on others by hitting, shoving, or pushing someone, or using a weapon. Instead, try some of these tips to help control your anger or sadness and maintain a sense of self-control.

## How can I get help?

Call the Girls and Boys Town National Hotline **1-800-448-3000** (TTY 1-800-448-1833).



## What can I do?

### Do's

- ❑ **Respect others and value differences.**
- ❑ **Talk out issues.** Talk things out instead of bullying, teasing, or talking about others.
- ❑ **Seek help.** If you feel stressed or depressed, reach out to a friend, family member, or another trusted adult.
- ❑ **Keep yourself safe.** Let friends and family know where you are and who you are with.
- ❑ **Get involved in the clean-up effort.**
- ❑ **Avoid drugs and alcohol.** Stay away from alcohol and drugs as well as people who use them.
- ❑ **Learn other ways instead of fighting to resolve arguments.** Talk through arguments without yelling, hitting, or pushing.

### Don'ts

- ❑ **Bully, tease, or yell at others.**
- ❑ **Punch, hit, or shove other people.**
- ❑ **Carry weapons.** Carrying a weapon increases the chances that you will be seriously harmed or that you may harm others.

For more information visit

<http://www.cdc.gov/ncipc/dvp/YVP/default.htm>