

# SAFETY - GENERAL: MESSAGES

LAST UPDATE: MARCH 2022

## About the Message Library

People affected by disaster must have access to timely, appropriate and accurate information to help them keep themselves and their families safe and well. They should know their rights, entitlements and be able to give feedback. Responders have a duty to put in place appropriate, systematic and coordinated mechanisms to ensure this.

Our Message Library offers clear, concise and simple messages on a range of topics as templates for you to adapt and use in the context you are working in. These are intended to help you make a quick start on communicating with communities while you further develop mechanisms for on-going dialogue with diverse groups within each community.

For help contextualising and using the messages we recommend you do our e-learning course and read the following technical guidance.

#### **E-learning**

https://kayaconnect.org/c ourse/info.php?id=768

#### Guidance

https://www.cdacnetwork. org/tools-guidance/cdacmessage-library-userguidance This message set is currently under development. If you can help us with this, please get in touch at info@cdacnetwork.org.

# Taking precautions in high-risk environments

Avoid going out alone wherever and whenever possible, especially at night. Always go with someone when collecting water or firewood and buying food. Try and use paths that are well lit. Always tell someone where you are going and when you will be back.

## Avoid taking alcohol or drugs to feel better

It is very common to want to take alcohol or drugs when you feel bad. However, when you drink or use drugs it takes longer to overcome the painful feelings and anxiety. Also, when you drink or use drugs it is difficult to protect and support your family and to help your community to overcome the difficulties. It will take longer to rebuild.

# Consequences of being recruited into armed groups (for children)

Working with armed forces and groups can negatively affect your future.

## REFERENCES

For more information on this topic, we recommend you read the following references.

Please contact us with suggested references for this topic.

## HELP US KEEP THE LIBRARY UP TO DATE

If you would like to contribute to topic reviews, have found a message that needs greater clarity, or wish to create a new topic, please contact us at info@cdacnetwork.org.