



# FAMILY COMM PLAN 101

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*By JJ Johnson*



# OVERVIEW

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- Children Memorizing Critical Data
- Duress Word
- Rally Points
- Communication Alternatives
- Family Data Book
- Contact Schedule
- GPS Tracking



# CHILDREN MEMORIZING CRITICAL DATA

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- Children should begin to learn their parents full names, home phone number or parents cell numbers and home address as soon as possible.
- Start training them as early as when they can speak complete sentences.
- Make a game or a song out of it to help them remember.
- Parents should also work on memorizing as much critical info as possible as well.





# FAMILY DURESS WORD

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- A duress word is a pre-established word that a family picks that can be used either in person or over the phone or over email that indicates that the sender or speaker is being held against their will or are being forced to do what they are doing against their will and they are in danger.
- The word should be something innocuous that can be thrown onto the end of pretty much any sentence or phrase. For example if your daughter called and said: Hey Dad, I just wanted to let you know I am going to take a trip to Mexico with a friend for a couple of weeks, Love you and give Fido kisses for me.
- “Fido” being the duress word. Fido might be a dog that died several years ago.
- Then you would know that she is being forced to take this trip to Mexico and you could alert the authorities for her so she doesn’t get taken against her will.
- Anytime a family members uses “Fido” in a sentence you would know that they are in trouble.
- It is important that you respond normally without letting anyone know that you have picked up on the duress word. So that they criminal doesn’t know that you will be alerting the authorities.





# RALLY POINTS

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- Rally Point is a pre-established location that is known to all family members, where family members would meet in an emergency should they be accidentally separated.
- Designate three specific local locations and one generic location as rally points:
  - The first location should be inside your home in case of a tornado.
  - The second location should be close to the home but far enough away to be safe if the home is on fire. Could be across the street, mailbox, or a neighbor's house a couple doors down. But should be within site of the home.
  - The third location should be within about a half of a mile from the home in case of a large gas leak or other chemical spill, localized evacuation, etc. The location should be upwind from the prevailing wind direction. This could be a police station, 24 hour gas station, post office, friends house, etc. Or a place with a pay phone or a free wifi that can be used by the public. It is also beneficial if there is someplace to get out of the weather as well.
- Generic location: Post office, Walmart, Lowes, Police Station, etc. Essentially a place that could be found in any city or county if you were separated while away from home or during an wider area evacuation, etc.





# COMMUNICATION ALTERNATIVES

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- During times of emergency cell towers are often overwhelmed and become nonfunctional.
- Texting can often be more reliable. (Short data burst can sometimes get through when a call can't).
- Make sure to dim cell screens, turn off Blue tooth & wifi if not using to save battery. Also have a backup battery bank and charging cable.
- Wifi signals and email or a VOIP apps or video call with FaceTime or Skype may also be more reliable if you can find a wifi signal (Not your cell provider data signal).
- Handheld or GMRS/FRS or CB Radios are also a short distance option.
- A post it note pad, a pencil and some tape can also be used to leave messages at a really point if you had to leave and move to another area.
- Pay Phones: believe it or not many pay phones still exist. But make sure your teenagers know how to use them and know how to make a collect call. Many don't!
- A Pre-Paid phone card could also be an option.





# FAMILY COMMUNICATION DATA BOOK

- ▶ Take 3 pics of each family member:
  - ▶ A close up straight on (Selfie)
  - ▶ A profile picture (side of face)
  - ▶ A wide angle full length picture
- ▶ Print those pics and put in your data book.
- ▶ Make sure to add both spouses cell numbers, work phone numbers, emails, DL numbers, SS numbers, work addresses, vehicle make, model, color and license plate number, scars, tattoos, known allergies, medical info, height weight, etc.
- ▶ Parent's doctors name, phone number, and office address.
- ▶ Add children's info: cell phone numbers, email addresses, DL numbers, SS numbers, social media account names, known allergies, medical info, vehicle license plate numbers, make, model, color, etc.
- ▶ Children's School, school phone number, and physical address.
- ▶ Children's friends names, cell numbers, and social media account names, parents contact info and home addresses.
- ▶ Parent's Friends cell numbers, email addresses, Social media accounts, home addresses, etc.
- ▶ Extended family cell numbers, email addresses, social media accounts, home addresses, etc,
- ▶ Ready.Gov Child ID Kit: [https://www.ready.gov/sites/default/files/NCMEC\\_Child\\_ID\\_Kit\\_wc\\_FEMA\\_508.pdf](https://www.ready.gov/sites/default/files/NCMEC_Child_ID_Kit_wc_FEMA_508.pdf)





# CONTACT SCHEDULE

- 3 - 3 - 3 Radio Plan
- Commonsense dictates to use as needed in an immediate situation. But for times when you are separated for extended periods (or you have limited battery life) and you cannot make contact you can revert to the 3-3-3 plan.
- 12 - 3 - 6 - 9 at 3 mins before the top of the hour until 3 mins after the top of the hour.
- Channel 3 on GMRS and CB Radios.
- Make sure you are in an area with a good line of sight and or a good cell signal or wifi signal depending on method of communication.

PREPPER & SURVIVALIST SHTF FREQUENCIES 2-WAY RADIO COMMUNICATIONS			
RADIO SERVICE	CHANNEL NAME	FREQUENCY MHZ	DESCRIPTION
FRS UHF	FRS 3	462.6125 FM	PREPPER
GMRS UHF	GMRS17	462.6000 FM	SURVIVALIST
GMRS UHF	GMRS20	462.675+ FM	PL141.3RPTR+5MHZ
PMR UHF	PMR 3	446.03125FM	PREPPER
MURS VHF	MURS 3	151.940 FM	PREPPER
CB AM	CB 3AM	26.985 AM	PREPPER
CB AM	CB 9AM	27.065 AM	HIGHWAY SAFETY
CB SSB	CB 36U	27.365 USB	SURVIVALIST
CB SSB	CB 37U	27.375 USB	PREPPER
CB FREEBAND	FB368U	27.368 USB	SURVIVALIST
CB FREEBAND	FB378U	27.378 USB	PREPPER
CB FREEBAND	FB425U	27.425 USB	SURVIVALIST
LOWBAND VHF	LOW334	33.400 FM	SURVIVALIST
HAM UHF	HAM U3	446.030 FM	PREPPER
HAM VHF	HAM 42	146.420 FM	PREPPER
HAM VHF	HAM 52	146.520 FM	HAM CALLING
HAM VHF	HAM 55	146.550 FM	SURVIVALIST
HAM HF	HAM10M	28.305 USB	PREPPER
HAM HF	HAM20M	14.242 USB	PREPPER
HAM HF	HAM40M	7.242 LSB	PREPPER NETS
HAM HF	HAM60M	5.357 USB	SURVIVALIST NVIS
HAM HF	HAM80M	3.818 LSB	PREPPER NETS
LAND SAR VHF	SAREMT	155.160 FM	SEARCH&RESCUE
MARINE VHF	MAR 16	156.800 FM	SAFETY CALLING
MARINE VHF	MAR 72	156.625 FM	BOAT PREPPER

VERSION: SHTF FREQ LIST 2013E

3 3-3-3  
RADIO PLAN  
CHANNEL 3  
EVERY 3 HOURS  
FOR 3 MINUTES

2013 Public Domain  
Source:  
RADIOMASTER  
REPORTS

More frequencies at: [RADIOFREQ.WORDPRESS.COM](http://RADIOFREQ.WORDPRESS.COM)





# GPS TRACKING

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- Life 360 App
- Find My Friends App
  
- Satellite Messengers / Personal Locator Beacons
  - SPOT X
  - Garmin InReach Mini
  - Garmin InReach Explorer+
  - ACR PLB
  
- Useless if the grid goes down. But much more reliable during non-grid down emergencies.

	Accurate Location		Vibration Alarm		Geo-fence Protection
	Over-speed Alarm		Outage Alarm		Easy Installation



# RESOURCES

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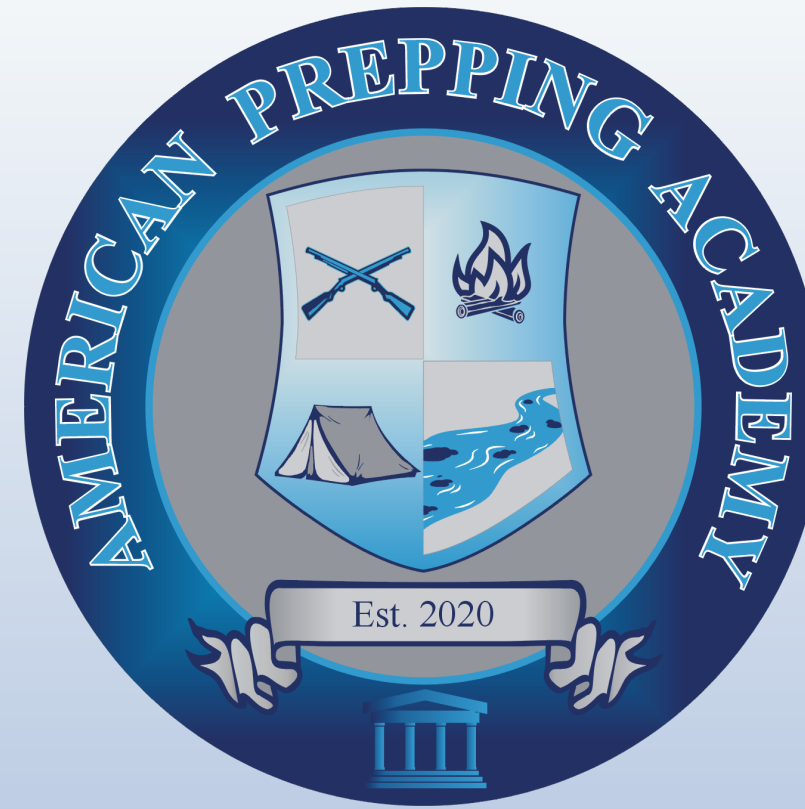
- Ready.Gov: [https://www.fema.gov/media-library-data/1440449346150-1ff18127345615d8b7e1effb4752b668/Family\\_Comm\\_Plan\\_508\\_20150820.pdf](https://www.fema.gov/media-library-data/1440449346150-1ff18127345615d8b7e1effb4752b668/Family_Comm_Plan_508_20150820.pdf)
  
- Habitat.Org: <https://www.habitat.org/impact/our-work/disaster-response/disaster-preparedness-homeowners/family-communications-plan>



# SUMMARY

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- Children Memorizing Critical Data
- Duress Word
- Rally Points
- Communication Alternatives
- Family Data Book
- Contact Schedule
- GPS Tracking



# QUESTIONS?

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