



Life Skills

*Zombie Survival a.k.a
Emergency Preparedness*



THE HARDEST PART ABOUT A
ZOMBIE APOCALYPSE
IS PRETENDING I'M NOT EXCITED



Class Structure

Week #1:

- What is a “zombie”?
- Causes of a zombie outbreak (virus, radiation, aliens, ancient curse)
- Focus on virus to be more STEM-y and realistic
- Zombie Video/Activity

Week #2:

- How to prepare for a zombie disaster: emergency supply kits, medical kits, shelter, clothing, etc.
- Defensive strategies (types of architecture, “zombie-proofing”)
- Zombie Video/Activity
- Guest Speaker on disaster preparedness (EMT, fireman, or police)

Week #3:

- Encountering a zombie: Dos and Don’ts
- Training and being healthy
- Being “on the run”
- Zombie Video/Activity

Week #4:

- Offensive strategies
- Weapons/Equipment/Vehicles
- Basic survival skills (building a fire, shelter, CPR/First Aid)
- Terrain Types (plains, mountains, desert, etc.)
- **Zombie Outing** (go around the city looking/stopping at safe and unsafe spots)

Week #5:

- Zombie makeup
- Plan a realistic Zombie Outbreak!

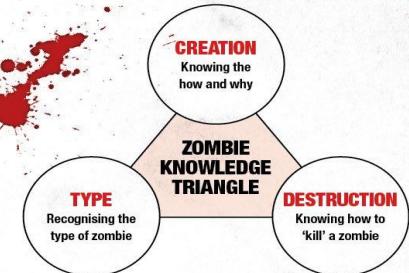
VOCABULARY

- **Virus**: a small infectious agent that replicates only in living cells of other organisms. Viruses can infect all types of life forms - humans, animals, plants, and even bacteria.
- **Epidemic**: a widespread event of an infectious disease in a community at a particular time
- **Pandemic**: when a disease infects the country or world
- **Radiation**: a type of powerful (and dangerous) energy that is produced by radioactive substances or nuclear reactions.
- **Moral**: concerned with right and wrong; good people vs bad people
- **Disaster**: a sudden event, such as an accident or natural catastrophe, that causes great damage and loss of life
- **Shelter**: a place giving temporary protection from harm and/or bad weather
- **Defense**: the action of defending from or resisting attack

- **Offense**: the action of attacking
- **Decompose**: to become rotten or decay
- **Instinct**: an automatic reaction that does not require thinking; biological
- **Combat**: a fight or conflict between individuals or groups
- **Purification**: when things are filtered (remove unwanted materials) and made clean
- **Tactics**: an action or strategy carefully planned to achieve a specific end
- **Leader**: the person who leads or commands a group, organization, or country
- **Sustainable**: able to be maintained at a certain rate or level
- **Preparation**: the action of making ready or being made ready for an event
- **Terrain**: a stretch of land with focus on its physical features
- **Transportation**: a way of traveling from one place to another

WHAT IS A ZOMBIE?

Before beginning any reading or course in zombie survival, it is essential that you have a clear understanding of what a zombie is, how it is created, the main types and, most important of all, how you can 'kill' a zombie.



These three factors are the foundation of any zombie survival plan and are referred to as the **Zombie Knowledge Triangle**. All zombie survivalists must clearly understand how a zombie is created, be able to recognise the different types and deal with the walking dead.

WHAT IS A ZOMBIE? ZOMBIE CREATION MYTHS

In a recent survey by GeoPol, fewer than 23% of Americans realised that zombism is caused by a virus. Here is a breakdown that shows the level of misunderstanding among the public of the root cause of zombies.

29.3% VOODOO
Magic, myth and the poison from the rare puffer fish leads to mindless undead slaves.

22.8% VIRUS
The world of science has the answer – it's caused by a virus.



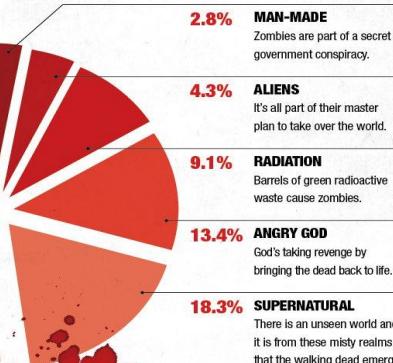
MINISTRY OF ZOMBIES

A ZOMBIE IS A DEAD BODY THAT HAS BEEN BROUGHT BACK TO ANIMATION BY A COMPLEX RNA VIRUS WHICH LEADS THE BODY TO BEHAVE IN A CANNIBALISTIC WAY

MINISTRY OF ZOMBIES HANDBOOK

To be clear, the zombic condition, which is characterised by the slow stagger, lumbering walk and violent appetite for the flesh of the living, are all classic symptoms of the zombie virus. So, there is nothing supernatural, nothing spooky and nothing superhuman about the walking dead. They are simply humans transformed into very different creatures. But always remember that once a human has become infected with the virus, typically by a bite from an infected zombie, then the transformation will begin. More detail is given on this process further in this volume but know this:

THERE IS CURRENTLY NO CURE FOR THE ZOMBIE VIRUS AND ONCE CONTRACTED BY A HUMAN, TRANSFORMATION INTO A ZOMBIE IS A CERTAINTY



SURVEY OF 1028 PEOPLE IN NEW YORK IN DECEMBER 2012

► HOW TO SPOT A ZOMBIE

KNOW THE SIGNS!

Scruffy Bohemian student or 'back from the office late' drunk may each display signs of the zombie condition, but it doesn't necessarily mean you should run and get the axe. It is vital that you clearly identify your target as a zombie before you get chopping. Be on the lookout for the following:



- ▶ A vacant and distant gaze, which only becomes agitated at the prospect of living flesh. The creature will emit a low-level guttural groan.



- ▶ A pallid, deathly colourless skin. Eyes may be milky or tinged with red. Both nails and hair may have grown giving the figure a distinctive 'hippie' look and smell.



- ▶ Clothes may be ripped or torn. There may be obvious injuries such as clear bite marks or missing limbs, but equally there may be no visible signs of trauma or dried blood.



- ▶ Slow, stumbling walk. Zombies appear unbalanced and awkward, often tripping and falling over minor obstacles. Newly converted zombies will display a better level of movement and dexterity.



- ▶ The walking dead will always move towards the living with the express purpose of turning them into their next meat snack.

BE WARNED CITIZENS!



Realistic Zombies VS Unrealistic Zombies

(Zombies are dead, rotting bodies and will act like them)

- Slow
- Grunts/moans/growls
(no actual talking)
- Very dumb/instinctual
- Mostly travel in hordes
- Strongest when turned,
get weaker over time
- They never stop coming

- Superhuman speed,
strength, etc.
- Climb walls and ceilings
- They can talk and show
intelligence
- Strong all the time
- They never stop coming

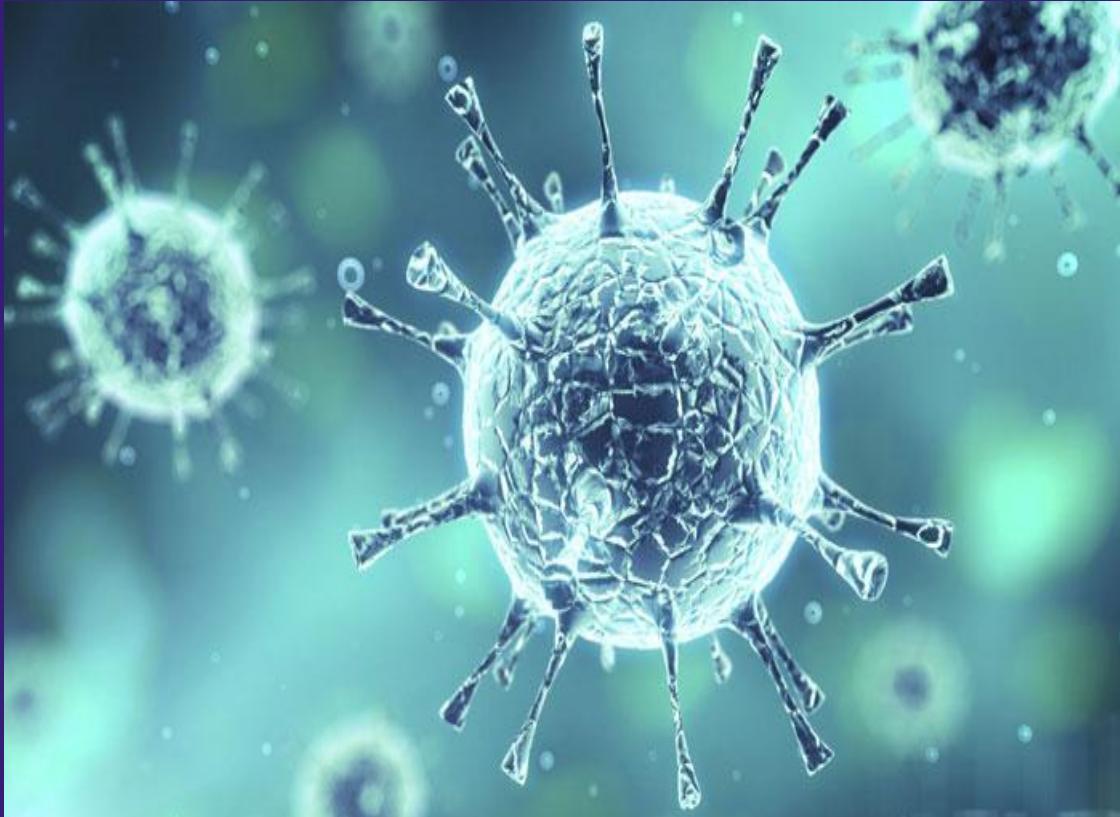
Voodoo Zombie

- Dead brought back by master/witch doctor
- Do NOT eat people
- Controlled by the voodoo master
- Do not look like a “Hollywood” zombie
- Have some intelligence
- Scared of fire





Voodoo Zombies in Action!



What is a “virus”?

How do they work?

What is a vaccine?

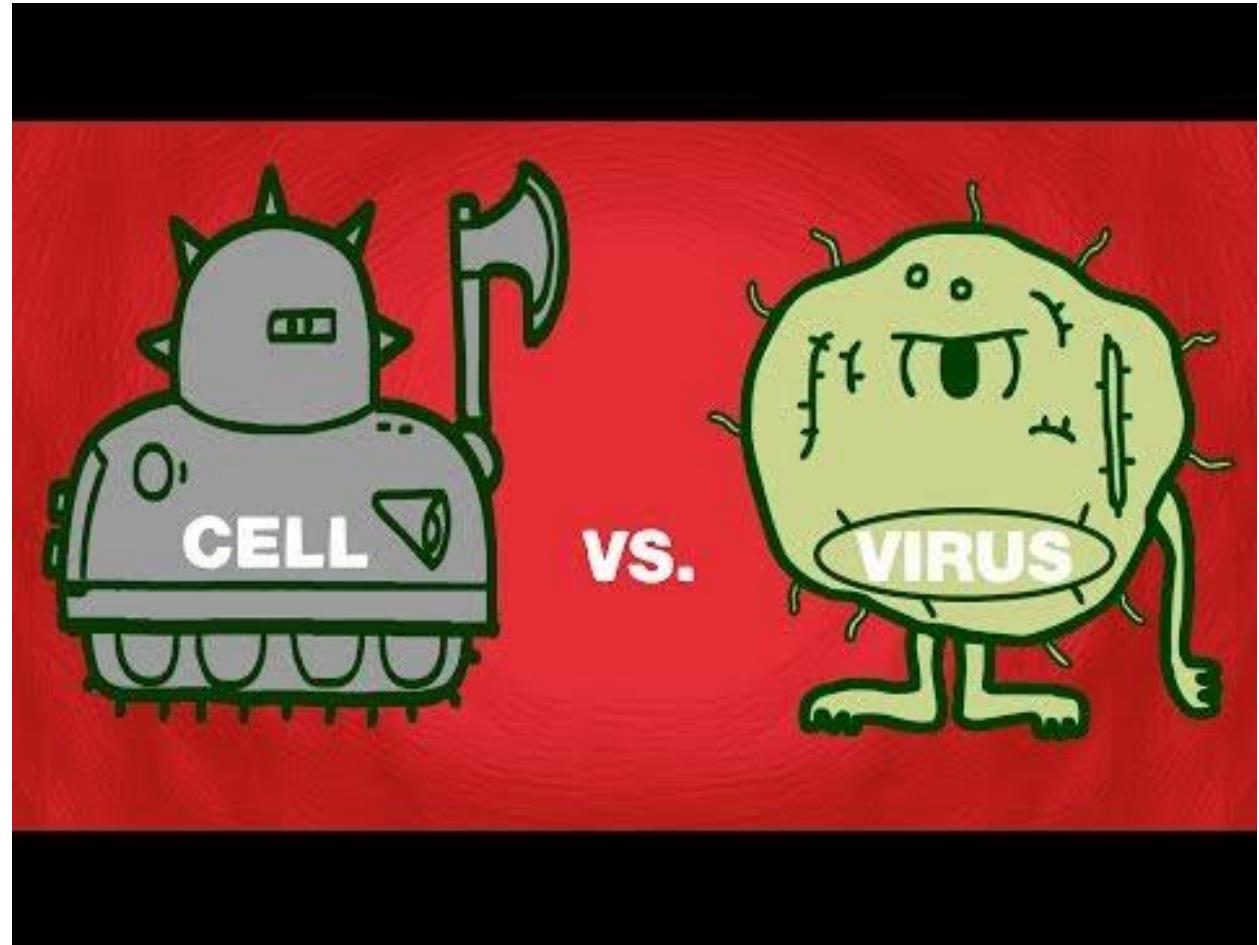
*Rabies & Mad Cow
Disease*

*(two real viruses that resemble a
“Zombie Virus”)*

*Other
Questions*

?

*Here are
more
answers!*



Zombie Rules 101

- DO NOT get bit or scratched
- Short hair/fitting clothes (zombies will grab what they can)
- No “close” combat (no wrestling/punching)
- Metal weapons for long-term use; avoid wood weapons
- Have guns but use them sparingly (loud noises attract zombies and bullets runs out)
- If family and friends get bit and turn, take them out.
They are not your family and friends anymore.
- Have a group and have a leader within the group!

DEFENSE against the Zombies!

- Emergency preparation
- <http://www.wikihow.com/Survive-an-Apocalypse>
- LOTS of supplies (food, water, weapons medications, etc); sustainable food/water
 - “Zombie Proofing”; home vs apartment vs public areas
 - Weapons (train/know how to use them)
 - Have a group and work as a team!
 - Exercise and Train! (You need to outrun/outlast your enemies)
 - Isolate yourselves from zombies AND other people (people will be ruthless)
 - ACTIVITY: Practice First Aid with medical supplies

<http://www.wikihow.com/Do-Basic-First-Aid>



Possible places to go (discuss)



Realistic places we'll be (discuss)



What if...

You have been on the defense hiding in a very strong building. Zombies cannot get in and neither could people (unless they have lots of guns/explosives). A group shows up wanting shelter. Do you let their group in or tell them to go away?



On the Run!



- Have a destination
- KNOW the area
(maps/compass are helpful)
- Have your group
- Weapons
- Transportation
- Being SILENT
- Building fire/finding shelter(keep fire low to not attract zombies or people)
 - www.wikihow.com/Build-a-fire
 - www.wikihow.com/Make-Fire-Without-Matches-or-a-lighter

What if...

Your group is starving and thirsty. You come across another group that is very small but has lots of supplies. Do you take their supplies by force? What else could your group do?



Transportation? (discuss)



Ways to purify water



Here are more ways! =====> <http://www.wikihow.com/Purify-Water>

How to Build a Shelter

<http://www.wikihow.com/Make-a-Shelter-in-the-Wilderness>

- Building a shelter like the one above can help, but realistically you would want a building/house that zombies could not break through or tear down.

How to tie different knots

- Knots can be used in any situation such as stopping a bleed, setting a trap or snare, towing... discuss what else knots could be used for.

KNOT TYING!



OFFENSE!



- Have a home base and another place to take out zombies (have them be a few miles apart)
- Two groups (offense & defense)
- Distractions, traps, and luring to gather zombies to offense site (discuss different tactics; get creative)
- Training and staying healthy
- Weapons
- Do NOT need to be silent at offense site
- Stay silent at homebase

What if...

Your group is running from a horde of zombies. One of your group falls and breaks both their legs. Do you carry them or leave them behind?



Terrain Types (discuss)

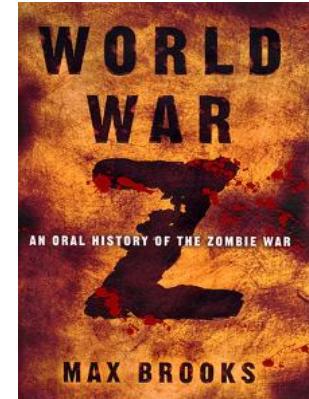
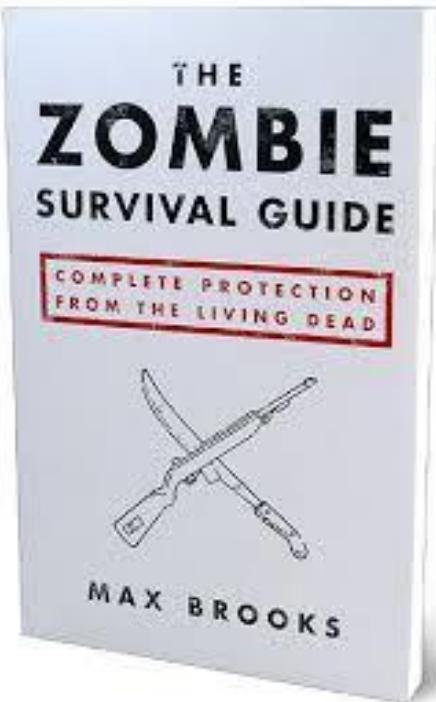


YouthCity appropriate zombie videos

- R.L. Stine's The Haunting Hour: "Game Over" (on Netflix)
- R.L. Stine's Goosebumps: "Welcome to Dead House" (on Netflix)
- Regular Show: "Grave Sight" (Season Two/Episode 19; on Hulu)
- Paranorman (movie)
- Scooby Doo on Zombie Island (movie)
- When Good Ghouls Go Bad (movie; on YouTube)
- World War Z clips (proof watch clips for some profanity; on YouTube)

Materials & Supplies

- Make-up Kits (to look like zombies)
- String and rope (to practice tying knots)
- Sanitary pads, alcohol wipes, gauze, wraps, bandages, etc. (First Aid Kit)
- Access to media (dvds, YouTube, Google, etc.)
- Dry-erase board, markers, erasers
- Van to drive kids around to show good and bad locations to go in a disaster
- Communication with local EMTs, firefighters, police officers, etc to have them as guest speakers for disaster topics



Zombie Survival Research Tools

(instructor use only due to mature content)

Pro Tips by C-Bass

- Ultimately, we are teaching the kids survival skills (disaster preparedness and First Aid) for any situation so there is practical use to the class. However, zombies make it too legit to quit.
- Before presenting the information, ask the kids what they think? What is a zombie? What is the best weapon and why? Where's the best place to hold out? After the kids have answered, then proceed with your material.
- Open these questions up for debate amongst the class. These debates make the class engaging. Give the pros and cons of each side of the debate. Use the pictures.
- It is zombie survival, not zombie destruction. Killing zombies is necessary but spare the gore.
- I based my entire class on the *Zombie Survival Guide* by Max Brooks. This book goes in great detail on all the points in this presentation. READ IT. KNOW IT. However, do not let the kids read it because it has mature content.
- Ask a debate question, watch a video, or play a zombie game (i.e. Zombie Tag) to start each class, then go into the material - doing these makes it so the kids are not so antsy.
- Zombie Tag starts with one “zombie”, and when they tag another person they become a zombie (the zombies multiply throughout the game). When there is only one “human” left then the game is over.