

あなたが、今できる
防災アクションを起こそう。

防災ノート

～災害と安全～

中学校版の使い方

自分の命を守り、身近な人を助け、
さらに地域に貢献する。

東京都教育委員会



『防災ノート～災害と安全』の使い方

文字読み上げが行えます
(全てではありません)。

各テーマに
ジャンプします。

The screenshot shows the防災ノート app interface. At the top, there are navigation buttons: '知る' (Know), '考える' (Think), and '調べる・まとめる' (Search/Summarize). The main content area is titled '地震の発生をいち早く知るために' (To know about earthquakes as early as possible). It features several sections: ① 緊急地震速報の活用 (Use of Emergency Earthquake Early Warning), ② 地震情報の活用 (Use of Earthquake Information), and ③ マグニチュードと揺れの長さ (Magnitude and Duration of Shaking). A map of Japan highlights major earthquakes: 1923 M8 (関東地震), 1995 M7 (兵庫県南部地震), and 2011 M9 (東北地方太平洋沖地震). A sidebar on the left contains navigation icons for '知る' and '2 地震'. A bottom navigation bar includes a search icon, a home icon, and a memo icon. A right sidebar contains icons for '動画をみる' (Watch Video), 'もっと詳しく' (Learn More), and 'もっと詳しく' (Learn More).

前の
ページに
移動します。

次の
ページに
移動します。

調べたい言葉を入力して、
検索することができます。

『防災ノート』の上に
メモが貼れます。

『防災ノート』の
上にペンで
書けます。

外部サイトの動画や
情報を知ることが
できます。

『防災ノート』の内容

1 災害の特徴から考えよう

2 備えよう

3 学びを深めよう

This screenshot shows the 'Disaster Types' (災害の種類) section. It features a grid of images and text boxes for eight different disaster types: 火災 (Fire), 地震 (Earthquake), 大雨・台風 (Heavy Rain/Typhoon), 火山噴火 (Volcanic Eruption), 竜巻 (Tornado), 大雪 (Heavy Snow), 原子力災害 (Nuclear Disaster), and テロ・武力攻撃 (Terrorism/Armed Attack). Each category includes a small illustration and a brief description of the disaster's characteristics.

This screenshot displays the 'Evacuation Timing and Method' (避難のタイミングと避難の方法) page. It includes a central flowchart showing the process from receiving an evacuation order to reaching a shelter. Key points include:

- 避難のタイミング**: When to evacuate based on official orders or local information.
- 安全避難のポイント**: Key points for safe evacuation, such as avoiding elevators and using stairs.
- 住宅が困難な場合には**: What to do if your home is unsuitable for evacuation (e.g., use of evacuation centers).
- 一時滞在施設**: Locations for temporary stays like schools and community centers.
- 災害時帰宅支援ステーション**: Stations that provide support for returning home after the disaster.

This screenshot shows the 'Public Institutions Prepared for Support' (公的機関が備えて支援する) page. It lists various types of public facilities and services that can provide support during disasters:

- 救出・救助**: Search and rescue services.
- 給水活動**: Water supply activities.
- 物資の支援**: Material support services.
- 防災公園**: Disaster prevention parks.

 The page also includes information on how to utilize these facilities and where to find them.

This screenshot is from the 'Know the Fear of Fire' (火災の恐ろしさを知ろう) page. It explains the dangers of fire and provides instructions on how to stay safe:

- 火災の危険性**: Why fires are dangerous, including the speed at which they spread.
- 煙の恐ろしさ**: The danger of smoke, which is often the leading cause of death in fires.
- 煙から逃れる**: How to escape from smoke by crawling low to the ground and covering your mouth and nose.

This screenshot shows the 'Continue Living at Home (Home Evacuation)' (自宅で生活を続ける(在宅避難)) page. It provides a checklist of items and actions necessary for staying safely at home during a disaster:

- 在宅避難について**: General information about home evacuation.
- ガス・電気・水道の代替**: Alternatives for gas, electricity, and water.
- 食料品や日用品の備え**: Preparing food and daily necessities.
- 下水道の使用ができない場合**: What to do if you cannot use the sewerage system.
- お風呂やシャワーが使えないとき**: Alternatives for bathing and showering.

This screenshot is from the 'Participate in Local Disaster Training' (地域の防災訓練に参加しよう) page. It encourages citizens to get involved in their community's disaster preparedness efforts:

- 地域の防災訓練**: Information about participating in regional disaster drills.
- 区内町の防災訓練**: Details about training conducted within city wards.
- 町内会の防災訓練**: Information about training organized by neighborhood associations.
- ワークシートに書いてまめましょう**: A section for completing a worksheet about local training.

火災、地震、大雨・台風、竜巻・大雪などの災害について学ぶことができます。

避難、在宅避難、避難所、日頃の備え、応急手当などについて学ぶことができます。

1や2で学んだことをもとに、公助の役割や地域の防災訓練などについて自ら学びを深めることができます。