Why is first aid important?

**Activity type**



Whole group

**Suggested timing**

15-20 minutes

**Method**



Walking debate / discussion

Learning objectives

**What you need**



**PowerPoint**

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**Printed agree, disagree and unsure wall signs**

* Understand what first aid is
* Explore attitudes towards first aid and helping others

## Overview

Children take part in a walking debate to discuss why first aid is important, so that they can begin to understand why we should help others and how.

## Preparation

Choose some or all the statements below, either read them out or display them on the PowerPoint. If you are running this activity as a walking debate, ensure the room is clear enough for learners to move from one side to the other. Label one side of the room ‘agree’ and the other side ‘disagree’, with the middles as ‘unsure’ using the print out wall signs if needed.

Familiarise learners with the ground rules for the session or establish ground rules. Assure learners are given opportunities to ask questions and have a way to ask anonymous questions if they wish to. For guidance on how to do these things, see the [Creating a safe, inclusive and supportive learning environment guidance.](https://firstaidchampions.redcross.org.uk/primary/guidance-and-support/)

## How to run the activity

1. Discuss what is meant by “first aid” with learners. You could define this as: the first help given to someone who is ill or injured and is in need of help/aid.
2. Explain that you will share some statements one at a time. After each statement is read out or displayed, children choose whether they agree or disagree and move towards the side of the room with that label, if they are not sure they can stay toward the middle. If learners are seated you could: ask them to raise their hands if they agree, stand up if they disagree or keep their hands down if they are undecided.
3. Reading out or displaying the statements (below), ask learners to show if they agree or disagree or are undecided. After each statement invite some learners with different opinions to give reasons why they agree, disagree or are undecided, there is no right or wrong answer – this is to get them thinking and to see that there are a range of perspectives.

Underneath in italicised writing is the British Red Cross’ beliefs, which can help support you if needed. If learners wish to change their answer after others have given their reasons, they can.

**Statements:**

* 1. I would know how to help someone in a first aid situation

*There are many ways to help. Calling for someone else who can help or telling the person everything will be ok, are also ways to help in a first aid situation.*

* 1. It’s important to know first aid

*The Red Cross thinks it is important to learn first aid because it can help someone a lot if they need it. A simple action could even help save someone’s life.*

* 1. People should always get the help they need in a first aid situation

*The Red Cross believes that everyone deserves to be helped, and that we should help those most in need. This is called the principle of ‘impartiality’ meaning we don’t take sides in an argument, we just help whoever needs help the most.*

* 1. We all have a responsibility to help others

*The Red Cross believes that we do have a responsibility to help others. Everyone is a person, and everyone deserves to be treated with kindness. This is called the principle of ‘humanity’.*

* 1. People should always make sure they are safe before helping others

*Safety is very important. Before helping, people should always make sure it is safe. If it’s not safe to help up close, we can still call 999 and get someone else to come and help instead.*

## S:\CT\Education Team\Product development\Youth\FAE curriculum project\3. Creative\Visual guidelines\Icons, illustrations, templates_final\Extras\BRC_FirstAid_Arrow_Solid_Colour_Green.pngSumming up

Take some time to ask learners to say or write down the answer to the question: “Why is first aid important?” They could frame it as “First aid is important because…” and ask them to think of two or three reasons they think first aid is important.

Wrap up the activity by asking learners if anything surprised them or made them think differently.