2. Choosing to help

**Group size**



Small groups

**Suggested timing**

25 minutes

**Method**



Discussion and group work

**What you need**

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Large paper, sticky notes and pens

Learning objectives

* Feel able to help someone in need of first aid
* Think about what motivates people to help others
* Understand why people might not feel able to help

## Overview

Many factors might stop someone from helping a person who needs first aid. They might feel they lack skills and knowledge to help or they might not feel confident or able to intervene. Explore how to overcome any barriers to helping others.

## Preparation

Share the phrase in bold below, either by writing on the board or reading it out. Hand out large paper, pens and sticky notes, enough for small group work.

## Delivering the activity

1. Share and discuss the phrase – **‘The more people who are around when an emergency happens, the less likely an individual is to act.’**
2. In small groups ask learners to take a large sheet or paper and draw a wall of bricks using a marker pen. Inside each brick ask the groups to write down reasons why someone might not feel able to help. Encourage them to think about what someone who is hesitating to help might be thinking or feeling.
3. Once the groups have completed the wall of bricks, explain that they are going to use sticky notes as the ‘hammers’ that break down the wall. Hand out sticky notes to each group.
4. Ask the groups to discuss and write down how someone could overcome not feeling able to help by writing a solution on a sticky note and placing it over the corresponding brick. *You can use the example table of bricks and solutions below to support learners.*
5. Ask the groups to share and discuss their ideas for overcoming barriers to helping. You could use the suggested prompt questions below:
* Do the groups see any themes emerging from their discussions?
* What might the consequences be if someone experiencing a first aid emergency doesn’t get help?
* How could someone not helping impact the person who needs help? Their family? Their community?
* What might motivate someone to choose to help?

**Bricks and solutions example table**

|  |  |
| --- | --- |
| **Bricks** | **Solution** |
| I might do something wrong | In most cases it is unlikely that you could make the situation worse |
| It could be dangerous or a set up | Don’t compromise your own safety. If nothing else, you can call 999 and get emergency help on its way. |
| I might get sued | When someone is acting in good faith to help save someone's life or prevent further injury there is very little risk of them being sued. |
| Someone else or someone who is more qualified will help | What if they don’t? Imagine if it was a member of your own family – would you want someone to help them? |
| I’m on my own and it’s getting dark | You can call 999; that is still helping them. You could also ask other bystanders to help if it is safe to do so. |
| I don’t know what to do | Calling 999 means that the call handler will advise you of what you need to do. Ask the person how you can help. First aid is simple most of the time. It’s often just a case of emotionally supporting someone. |
| I can’t stand the sight of blood | You can improvise or tell the injured person how to help themselves without having to look/touch them. Unless you have broken skin you are unlikely to catch anything (or pass anything onto them). |
| They might be drunk | They might be but they still need someone to help them.They might also have a medical condition that makes them appear drunk. |
| I’m too busy / in a hurry | Even if you just stop to see how someone is or call 999 it can make all the difference. You could also ask others to help if you can’t stop. |

## Summing up

Discuss the importance of helping others, even a small act of helping can make a huge difference. Now consider what qualities people who help have and what helping qualities the young people have by delivering the Helping qualities – practise activity on the [Choosing to help web page](https://firstaidchampions.redcross.org.uk/secondary/helping-others/choosing-to-help/).