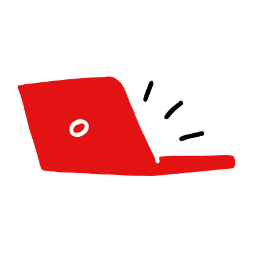
**First aid champions - secondary**

**Home learning pathway 1.**

We know that teachers and parents have a lot to keep them busy, but what could be more empowering than learning vital first aid skills? Even better the whole family can get involved.

[First aid champions\*](https://firstaidchampions.redcross.org.uk/) is packed full of learning activities for 5 to 18 year olds. From films and photos to role plays and quizzes there’s something for everyone.

To make it easy for you to navigate your way through the site we’ve created two learning pathways (primary and secondary) to help you use the site in a home-school setting. The whole site is free for you to use and explore, the pathways are there to guide if needed.

**Secondary pathway (12 to 18 year olds)**

1. Start on the [homepage](https://firstaidchampions.redcross.org.uk/secondary/) to learn more about the site. Discover the work of the International Red Cross and Red Crescent movement.
2. Learn why first is [important](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/) and select which first aid [skills](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/) you’re going to learn (there’s 17 to choose from). Each first aid skill focuses on one key action to help, making it simple to teach and easy to learn
3. Each first aid skill page follows a similar format. Start by tracking your confidence, watch the film and learn the simple steps to take. You can take your learning further by acting out a scenario in the role play card. We suggest you start by learning how to help someone who:
   1. is [bleeding](https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/bleeding/) heavily
   2. has a [burn](https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/burns/)
   3. has a [head injury](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/head-injury/)
4. Quiz time - test your new knowledge with a [quiz](https://firstaidchampions.redcross.org.uk/secondary/quizzes/). Select the first aid skill or skills you want to test and click start. You can build a personalised quiz by selecting as many first aid skills as you have learned.
5. Explore the importance of first aid and [choosing to help](https://firstaidchampions.redcross.org.uk/secondary/helping-others/choosing-to-help/). Look through the slides and consider what qualities someone who chooses to help has with the [practise activity](https://firstaidchampions.redcross.org.uk/media/muuk3qhu/helping-qualities_practise-activity.docx).
6. Think about how to [keep yourself safe](https://firstaidchampions.redcross.org.uk/secondary/safety-and-wellbeing/keeping-safe/) whilst helping others. Look at the photograph and answer the reflective questions to build confidence and awareness.
7. Finally, [share](https://firstaidchampions.redcross.org.uk/secondary/share-and-remember/) your learning with others to strengthen your knowledge. Follow the guidance on the page of how you can share creatively with others in your household.

You can continue working your way through the site or click other teaching activity downloads to keep learning. Watch out for the next learning pathway which will be available soon.

**Feedback**

We would love to hear your feedback on First aid champions. Please email [reducation@redcross.org.uk](mailto:reducation@redcross.org.uk) with your thoughts on how we can improve the site.