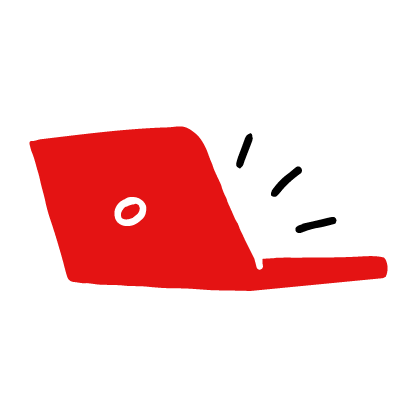
Teacher and educator guidance: using First aid champions – secondary. 

Welcome to your guide to delivering engaging first aid learning sessions using the [First aid champions](http://www.firstaidchampions.redcross.org.uk) online teaching resource.

In this guidance you will find information on how the resource has been structured to enable you to pick and choose content that is right for your classes and groups. You’ll find ideas on how to use the website to support young people to learn independently, and ideas on using the resource in classroom and groups settings. There are also links to documents that explain how the resource maps to the curriculum across the UK and information how to get in contact with us if you have any questions or feedback.

We hope you and the young people you work with enjoy using this resource and gain valuable skills to help and support others with first aid and kindness.

## The British Red Cross first aid learning approach

First aid, from the British Red Cross, is based on these core ideas:

* First aid is a set of simple actions that everyone should know
* First aid given in an emergency can increase the likelihood of survival and help when someone is in distress
* Everyone should receive the help they need in an emergency

To support this approach, the Red Cross has developed a method which uses the most up-to-date first aid advice with actions that are simple to do, easy to learn, and easy to remember.

**First aid teaching experience**

You don’t need any previous first aid training, or experience, to teach first aid. The resource has been designed to support you to deliver first aid education that will help young people to develop the knowledge and confidence to act in a first aid emergency.

**First aid equipment**

You don’t need a first aid kit to deliver any sessions. The resource gives examples of how everyday items can be used in an emergency. For example, a t-shirt can be used to put pressure on a bleeding wound or water used to cool a burn. Using everyday items teaches young people improvisation skills for real life. Emergencies often happen in places where there isn’t any first aid equipment. However, if you do want your learners to practise back blows or chest compressions this should only be done using a manikin.

## First aid champions learning approach

**Learning objectives**

The learning objectives have been written for young people, considering how they best learn first aid and wider skills such as safety, well-being and values such as helping others. They also link to the curriculum to help you plan sessions and programmes of study or schemes of work.

Young people who take part in First aid champions will:

* Understand what first aid is
* Learn first aid skills and about basic treatment for common injuries
* Practise using first aid skills, including how to give chest compressions (CPR)
* Learn about defibrillators (AEDs) and when one might be needed
* Feel confident to help someone who needs first aid
* Learn about helping others and kindness
* Learn about the bystander effect
* Learn how to safely get help in an emergency including calling 999
* Learn and practise looking after your well-being
* Learn and practise how to keep yourself and others safe
* Put your skills into action
* Learn about the Red Cross

**Learning principles**

First aid champions has been designed as a resource toolkit, so you can pick and choose activities for the young people you are teaching. The activities in the toolkit complement the curriculum across the UK - see curriculum links document on the [Guidance and support page](http://www.firstaidchampions.redcross.org.uk/secondary/guidance-and-support) for more information.

The toolkit follows three learning steps:

**Learn**: help young people learn what to do when someone needs first aid, as well as how to stay safe and well whilst helping others.

**Practise**: give young people the opportunity to practise their new skills in practical activities that help them to remember what to do.

**Share:** encourage young people to share and remember what they have learned to put their new skills into action.

**How the resource is structured**

Each activity in the resource includes the group sizes; the suggested timing; and the method used such as films, active learning, discussion or writing. The activities are laid out in an easy to follow template.

**The First aid champions toolkit includes five sections and three main modules**

The three main modules – first aid skills, helping others and safety and well-being – follow a learn and practise format, with downloadable activities on each web page and interactive content for young people to engage with. Learners follow relatable characters and explore 17 first aid stories relevant to their everyday lives.

Each ‘learn’ activity has its own web page and downloads, and also includes practise activity downloads. Depending on the activity there will be a range of age appropriate learning assets such as film, images, quizzes and suggested role play scripts.

Web pages are written addressing the young person so that independent learning can take place. Young people can learn through activities delivered by teachers and educators or independently at home or in group settings to improve their confidence to help others, stay safe and use their first aid skills.

The toolkit is arranged like a set of activity ‘building blocks’, allowing you to decide on the shape and structure of the sessions you deliver. Activities can be used alongside each other in different combinations, depending on what the young people are learning. You could choose to focus one session entirely on learning first aid skills and the next on practising them, followed by a session on helping others and safety and well-being. Or you could mix up each session exploring helping others, then learning and practising a first aid skill, and finishing with a safety and well-being activity; then repeating this over several sessions to use a range of activities. How you choose to structure your sessions is up to you. See ideas on structuring sessions in the table below.

As well as being available in structured activity suggestions, all the learning assets such as films and images, are grouped together as part of a dedicated [‘resource library’](http://www.firstaidchampions.redcross.org.uk/primary/guidance-and-support/resource-library) so you can access them all in one place.

## How to use the First aid champions teaching toolkit

The toolkit is designed to be flexible, so you can decide on the length of time available to spend delivering these topics. To get the most from First aid champions include the suggested steps below in the grey boxes when you plan your sessions.

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| Register for [My groups](http://www.firstaidchampions.redcross.org.uk/my-groups) and track young people’s first aid learning progress | **Module:** [**Introduction**](http://www.firstaidchampions.redcross.org.uk/secondary) | | | | | | | | | | | | | Give out [certificates](http://www.firstaidchampions.redcross.org.uk/secondary/guidance-and-support) for young people taking part in First aid champions |
| Introduce the Red Cross and to topic of helping others by delivering these two activities | | | | | | | | | | | | |
| Intro activities | [Introduction to the Red Cross – story of an idea](http://www.firstaidchampions.redcross.org.uk/secondary) | | | | | [Think, pair, share](http://www.firstaidchampions.redcross.org.uk/secondary) | | | | | | |
| **Module:** [**First aid**](http://www.firstaidchampions.redcross.org.uk/secondary/first-aid-skills) | | | | | | | | | | | | |
| Discuss giving first aid with young people through this activity | | | | | | | | | | | | |
| Intro activities | [First aid walking debate](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/unresponsive-and-not-breathing-when-an-aed-is-available/) | | | | | | | | | | | |
| Teach at least two learn and practise first aid skills | | | | | | | | | | | | |
| Learn and practise activities | [Asthma attack](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/asthma-attack/) | [Bleeding heavily](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/bleeding-heavily/) | [Broken bone](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/broken-bone/) | [Burns](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/burns/) | | [Choking](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/choking/) | | [Head injury](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/head-injury/) | [Heart attack](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/heart-attack/) | | [Hypothermia](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/hypothermia/) | [Meningitis](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/meningitis/) |
| [Poisoning and harmful substances](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/poisoning-harmful-substances/) | [Seizures and epilepsy](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/seizures-epilepsy/) | [Severe allergic reaction](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/severe-allergic-reaction/) | [Strains and sprains](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/strains-and-sprains/) | | [Stroke](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/stroke/) | | [Unresponsive and breathing](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/unresponsive-and-breathing/) | [Unresponsive and not breathing](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/unresponsive-and-not-breathing/) | | [Unresponsive and not breathing when an AED is available](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/unresponsive-and-not-breathing-when-an-aed-is-available/) | |
| Overall practise | After learning several first aid skills, practise them using the using the [Practise first aid skills](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/practise-first-aid-skills/) activity ideas.  Young people can also find out what they know about first aid in the [quiz](https://firstaidchampions.redcross.org.uk/secondary/quizzes/) section | | | | | | | | | | | |
| **Module:** [**Helping others**](https://firstaidchampions.redcross.org.uk/secondary/helping-others/choosing-to-help/) | | | | | | | | | | | | |
| Introduce young people to what inspires others to help and what it means in terms of first aid with one of these activities | | | | | | | | | | | | |
| Intro activity | [Head, heart and hands](https://firstaidchampions.redcross.org.uk/secondary/helping-others/choosing-to-help/) | | | | | | [Quick thinking – helping others](https://firstaidchampions.redcross.org.uk/secondary/helping-others/choosing-to-help/) | | | | | |
| Teach at least one learn and practise helping others activity | | | | | | | | | | | | |
| Learn and practise activities | [Exploring bystanders](https://firstaidchampions.redcross.org.uk/secondary/helping-others/exploring-bystanders/) | | | | [Choosing to help](https://firstaidchampions.redcross.org.uk/secondary/helping-others/choosing-to-help/) | | | | | [Inspiring you to help](https://firstaidchampions.redcross.org.uk/secondary/helping-others/inspiring-you-to-help/) | | |
| [The bystander effect in action](https://firstaidchampions.redcross.org.uk/secondary/helping-others/exploring-bystanders/) | | | | [Helping qualities](https://firstaidchampions.redcross.org.uk/secondary/helping-others/choosing-to-help/) | | | | | [Future first aid headlines](https://firstaidchampions.redcross.org.uk/secondary/helping-others/inspiring-you-to-help/) | | |
| **Module:** [**Safety and well-being**](https://firstaidchampions.redcross.org.uk/secondary/safety-and-wellbeing/) | | | | | | | | | | | | |
| Introduce young people to the concepts of practical and emotional first aid | | | | | | | | | | | | |
| Intro activity | [Practical and emotional first aid](https://firstaidchampions.redcross.org.uk/secondary/safety-and-wellbeing/) | | | | | | | | | | | |
| Learn / practise activities | [Coping skills](https://firstaidchampions.redcross.org.uk/secondary/safety-and-wellbeing/coping-skills/) | | | | | | [Keeping safe](https://firstaidchampions.redcross.org.uk/secondary/safety-and-wellbeing/keeping-safe/) | | | | | |
| **Module:** [**Share and remember**](https://firstaidchampions.redcross.org.uk/secondary/share-and-remember/) | | | | | | | | | | | | |
| Share | Choose ideas for young people to remember their learning and then [share](https://firstaidchampions.redcross.org.uk/secondary/share-and-remember/) it with others | | | | | | | | | | | |

**Sharing your stories**

Share how you have used the resource, as well as how young people have helped others and/or used their first aid skills with the British Red Cross at Your stories and learn from others’ stories. Share your stories by emailing: [yourstory@redcross.org.uk](mailto:yourstory@redcross.org.uk)

**Session planning ideas**

The First aid champions toolkit can be used as part of curriculum subjects over two or more sessions or as part of a programme of study or scheme of work. Or as part of informal learning such as tutor time or for off-timetable days where a year group or school focus on one or more topics.

**Supporting children during first aid learning**

This resource explores the illnesses or injuries that relate to giving first aid. Therefore, there is the potential for young people to feel concerned or upset, especially if they have experience of similar situations.

You can use the: Creating a safe, inclusive and supportive learning environment: a guide to supporting your students as they explore this content, which can be found in the [Guidance and support section](http://www.firstaidchampions.redcross.org.uk/secondary/guidance-and-support) of the website.

## About the Red Cross

The British Red Cross helps people in crisis, whoever and wherever they are. We are part of a global voluntary network, responding to conflicts, natural disasters and individual emergencies. We enable vulnerable people in the UK and overseas to prepare for and withstand emergencies in their own communities and when the crisis is over, we help them to recover and move on with their lives.

Find out more about [what we do](https://www.redcross.org.uk/about-us/what-we-do) and [what we stand for](https://www.redcross.org.uk/about-us/what-we-stand-for).

The British Red Cross specialises in first aid and [humanitarian education](https://www.redcross.org.uk/get-involved/teaching-resources), and is the standard setter for first aid education globally. The British Red Cross also has a range of resources on other topics such as refugees and migration, disasters and emergencies and conflict. Find out more about these teaching resources by visiting <https://www.redcross.org.uk/get-involved/teaching-resources> or looking at this [guide or posters](hhttps://www.redcross.org.uk/get-involved/teaching-resources/teaching-guide).

**Thank you**

Thank you for choosing to use the British Red Cross First aid champions resource to deliver essential lifelong skills to young people.

This resource uses a unique blend of skills and values based learning to help young people put what they have learned into action. This approach supports young people to learn holistically about first aid and its wider positive impact.

Teaching first aid can be extremely rewarding, and young people love to learn it so they feel ready to help others. We hope you enjoy using the resource.

**Contact**

If you have any queries about first aid champions or this teaching guide, please contact us at: YouthEducation@redcross.org.uk

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