2.Bleeding heavily



**Group size**

Whole group or small groups



**Suggested timing**

30 minutes

**Method**



Discussion and film

Learning objectives

**What you need**



**Bleeding heavily interactive activity (images and text) on the**[bleeding heavily first aid skill page](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/bleeding-heavily/)

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**Learner skill guide ‘helping someone who is bleeding heavily’**

* Learn first aid skills and about basic treatment for common injuries
* Feel confident to help someone who needs first aid
* Learn about helping others and kindness

## Overview

Young people learn about bleeding, what could cause it and what happens when someone is bleeding. They then learn the steps to helping and the key action to take when someone is bleeding heavily.

## Preparation

Ensure you can access the First aid champions website and can move through the interactive activity on the [bleeding heavily first aid skill page](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/bleeding-heavily/). Display or print off the Learner skill guide ‘helping someone who is bleeding heavily’.

## How to run the activity

1. Ask young people:

* What does it mean when someone is bleeding heavily?

When blood is flowing from a wound and it’s too big for a plaster.

* What could cause someone to be bleeding heavily?

The skin being cut with a sharp object, such as broken glass, barbed wire or a sharp knife.

* Have you ever seen someone bleeding heavily? What happened?

Make sure young people know they don’t need to share if they find a story upsetting, but if they want to share, explain that they are going to learn how to help someone in this situation. Be aware that some people are squeamish about blood and may find it difficult to participate.

* What feelings might there be when someone is bleeding heavily?

It would be very worrying when someone is bleeding; it is a life-threatening condition. It is okay for young people to feel worried, the most important thing is to act quickly and calmly try to help the person. You may need to explore how young people can keep themselves safe if they feel in danger.

* What can be done to help someone who is bleeding heavily?

Explain that in the next part of the activity the group are going to learn how to help someone who is bleeding heavily.

1. Now go to the [bleeding heavily first aid skill page](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/bleeding-heavily/). Display the interactive activity on the web page, this will appear as a series of slides you can work through with the group. Alternatively, you could set the group up with individual or shared screens to work through the activity.
2. Display or direct the group to the confidence slider on the [bleeding heavily first aid skill page](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/bleeding-heavily/), either setting this as an individual task or discussing as a group. How confident do learners feel to help someone who is bleeding heavily?
3. On the [bleeding heavily first aid skill page](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/bleeding-heavily/), watch Seb’s film. After showing the story, ask young people:

* What was happening in Seb’s story?
* How did Seb hurt his arm?
* What did Hayley do to help?
* How might they have felt? Think about the person bleeding heavily, the person who helped and anyone else nearby.
* What qualities did Hayley show? What can you learn from this? How could you use it?

1. Show the short-animated film which appears in the activity of the [bleeding heavily first aid skill page](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/bleeding-heavily/), this shows what happens in the body when someone is bleeding heavily. Direct the group to the confidence slider on the [bleeding heavily first aid skill page](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/bleeding-heavily/) and complete it again.
2. Display or hand out the Learner skill guide ‘helping someone who is bleeding heavily’. In small groups, or as a whole group, look at the learner skill guide and discuss again what they would do to help.
3. Individually, or in small groups, choose one of the creative tasks below to complete the activity:

* Write or create a poster of what could cause bleeding and the key action to take is when someone is bleeding heavily.
* Create your own bleeding heavily story. They could map this out in pictures that they take as a group with text alongside, or just write text. They can create their story as a PowerPoint or as a short animation, ensure that young people show the key action to take to help someone who is bleeding heavily and get this across as part of their story. They can then share with the rest of the group – time allowing.

## Summing up

* Remind the group that the most important thing to do is to help.
* Now practise how to help someone who is bleeding heavily.