1. First aid walking debate

**Group size**



Whole group

**Suggested timing**

20 minutes

**Method**

Active learning

**What you need**

Room for young people to move around the room.



Walking debate agree, disagree signs

Learning objectives

* Explore values around helping others by evaluating some statements about first aid
* Understand what first aid is

## Overview

Use a walking debate to discuss first aid and kindness. Young people share their views by moving along a line towards agree or disagree signs on opposite sides of the room in response to a series of statements.

## Preparation

Choose some or all of the statements below. Print out the agree and disagree signs and stick them to the wall on opposite sides of the room. Ensure the room is clear enough for learners to move from one side to the other.

Ground rules should be in place and referred to throughout the session. Assure learners are provided with opportunities to ask questions and have a space to ask anonymously if they wish to. For more details on making a class agreement and anonymous question boxes look at the guidance on [creating a safe, inclusive and supportive learning environment](https://firstaidchampions.redcross.org.uk/secondary/guidance-and-support/).

## Delivering the activity

1. Start by asking learners if they know what ‘first aid’ is. Can they explain it?

*You can define first aid as the first help someone receives on the scene, before the medical professionals arrive.*

1. Explain that you will share a set of statements with learners that they can agree or disagree with, or if they are not sure they can remain in the middle of the line between agree and disagree.
2. Point out the labels on opposing walls of ‘agree’ and ‘disagree’. Ask learners to move towards the side of the room based on how they feel about each statement in turn. Alternatively, if learners are seated you can: ask them to raise their hands if they agree, stand up if they disagree or remain seated with their hands down if they are undecided.
3. Using the statements below, ask learners to show if they agree or disagree:
* 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.*

* People should always get the help they need in a first aid emergency

*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.*

* It’s everyone’s 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’.*

* Not everyone deserves help in a first aid emergency

*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.*

* People should always consider their own safety 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.*

* Not everyone needs to know first aid

*The Red Cross believes first aid can be done by anyone. Using the key actions to help, everyone can do something which could significantly reduce the seriousness of an injury and even keep someone alive.*

1. After each statement, ask learners to give reasons why they agree, disagree or are in the middle. These statements may stimulate moral discussions based on people’s individual values. It’s important to give learners space to share their opinions respectfully. If necessary, refer learners back to the ground rules established previously to ensure people debate fairly. If needed, you can refer to the British Red Cross values italicised beneath each statement to support you in the discussion.
2. Does the discussion make anyone want to change where they are standing? Give learners chance to change sides if they wish.

## Summing up

Debrief the session. Ask learners if any of the questions have made them think differently about first aid and helping others? Encourage them to finish the statement: First aid is…