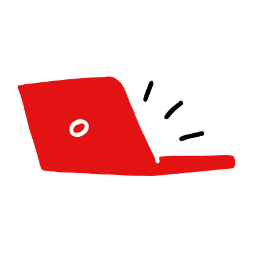
**First aid champions - secondary**

**Home learning pathway 2.**

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 another learning pathways (primary and secondary) to help you use the site in a home-school setting. The routes show the different ways you can use the site. 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. Explore why it is important to help people through the [inspiring you to help](https://firstaidchampions.redcross.org.uk/secondary/helping-others/inspiring-you-to-help) module. Read through the inspirational quotes and think about what they mean to you and what inspires you to help others.
2. Think about [coping skills](https://firstaidchampions.redcross.org.uk/secondary/safety-and-wellbeing/coping-skills/) and keeping yourself safe and calm. Do the activities. Think about the meaning of coping and what you do to cope.
3. Learn why first is [important](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/stroke/) and select which [skills](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/stroke/) you’re going to learn (there’s 17to choose from). Each first aid skill focuses on one key action making it simple to teach and easy to learn
4. Each skill page follows a similar format. Start by tracking confidence, watch the video and learn the simple steps to take. You can take your learning further by acting out a scenario in the role play card. At the end of each skill test yourself with the [quiz](https://firstaidchampions.redcross.org.uk/secondary/quizzes/). Follow the link, select the skill you want to test and click start.

We suggest you start by learning how to help someone who:

1. Has a [broken bone](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/broken-bone/) and quiz
2. Is [choking](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/choking/) and quiz
3. Is suspected to be having a [heart attack](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/heart-attack/) and quiz
4. Is suspected to be having a [stroke](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/stroke/) and quiz
5. 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 safely with others.

You can continue working your way through the First aid champions site or click other teaching activity downloads to keep learning.

**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.