

Educator introduction

Welcome to First aid learning for young people, a resource designed to support you and the young people you work with to learn first aid skills and build confidence and willingness to help someone in a first aid emergency.

"I am absolutely convinced that first aid should be on the curriculum, and taught to young people in schools AND youth groups. We teach about healthy eating, the importance of exercise and the need for a good work / life balance. First aid is merely an extension of all these areas." Secondary school teacher.

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 reduce the likelihood of pain, injury and death.
- > Everyone should receive the help they need in an emergency.

Everyday First Aid – our approach

To support these core ideas, the Red Cross has developed the Everyday First Aid methodology which makes first aid simple to do, easy to learn, and easy to remember.

There are a number of key features to this educational approach that have been proven to be effective in first aid learning:

- > Simple information - focused on a single key action to take in a specific first aid emergency.
- > Context that is relevant to how the learner might need first aid in their own lives, including improvising their first aid response using everyday items such as t-shirts, water, and coats.
- > Varied, interactive, learner-centered methodologies to support a range of ages and abilities.
- > Focus on building confidence to step forward in a first aid emergency. Research by the Red Cross has shown that focusing on developing confidence, as well as skills, makes it more likely that people will take action in a first aid emergency.

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

You don't need a first aid kit to deliver any sessions. The resource shows and 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 to cool a burn. However, if you do want your learners to practice chest compressions and back blows, this should only be done using a manikin¹.

"All young people need to feel that they are empowered to bring about positive change if they find themselves faced with a first aid scenario." Secondary school teacher.

First aid education can also make a significant contribution to the ethos of your school, college or youth group.

The resource

The resource features 16 first aid skills², which are explored using realistic scenarios relevant to young people. Scenarios look at the perspectives of people who are ill or injured, helpers, or bystanders. They support learning around simple key first aid actions.

The resource has a range of interactive content including: films, written case studies, photos, animations, role plays and activities. Young people can use the website independently, or engage with first aid learning through activities you facilitate. This flexible approach can be adapted for a range of different ways of learning, settings and abilities.

"There would be nothing worse than being in a situation where someone is injured or dying and being powerless." Male, aged 16.

¹ A manikin is a life-like model used to practice first aid skills, such as back blows and chest compressions. If you would like to purchase one for your school, please refer to the FAQ section for more information.

² Allergic reaction, asthma attack, bleeding heavily, broken bone, burns, choking, head injury, heart attack, hypothermia, meningitis, poisoning/ harmful substances, seizure/ epilepsy, strains and sprains, stroke, unresponsive and breathing, unresponsive and not breathing.

Educator support

By [registering for an educator account](#), you can access a range of activities and resources. Your account gives you the control and flexibility to build a first aid session, or series of sessions, tailored for your particular group of learners. You can choose to use online and offline resources, depending on your setting. Additional information can also be found in the [FAQs](#), and the [Educator Skill Guide](#) provides comprehensive information on the first aid skills.

To support you to create a [safe, inclusive and supportive learning environment](#) in which to deliver first aid learning you can access the activity and guidance on this on the teacher briefings page.

Learner support

Learners can [register for an account](#), create their own bespoke quizzes on the first aid skills and take their learning further by exploring the website outside of class time.

Some learners might be affected by first aid learning because of experiences they have had in the past or due to other factors; ensure learners know that they can opt out of activities and identify someone they could talk to at the school, or help them to identify a trusted adult who they might be able to discuss any concerns with. (See our teacher briefing on creating a safe, inclusive and supportive learning environment.)

Activities

The activities are split into four groups:

- > Starter activities – introduce your learners to key concepts around first aid and helping others.
- > Confidence building activities – explore concepts such as the bystander effect³, calling 999, the qualities of someone who helps, and barriers to action.
- > Knowledge building activities – develop first aid knowledge and skills, including the everyday items that can be used to help someone in a first aid emergency.
- > Reflective and concluding activities – reinforce learners' confidence and

³ The bystander effect describes a situation where many people see someone in need of help but no-one steps forward to help.

understanding. This is an important part of the learning and can help young people to reflect on what they have learnt and how they might use it in their lives.

Choosing activities

All activities include learning objectives and suggested timings; activities build in complexity; starting with the basics before progressing to more detailed ideas designed to engage and challenge learners.

This simple scale aims to help you identify which activity is best suited to your learners:

- > **INTRODUCTORY** - introduce concepts or ideas as the starting point for the developing and advanced activities.
- > **DEVELOPING** - building on the introductory activities, or can stand alone, explore key concepts and ideas at a slightly more developed stage.
- > **ADVANCED** - cover more complex ideas. These activities build on previous learning exploring concepts in more depth, taking a critical thinking approach.

Creating sessions

The [session template](#) provides a framework for you to pick activities to create your session, or series of sessions. There is also an [example session plan](#) to get you started.

Evaluation

Evaluation is integral to the resource. The website offers a number of tools to evaluate your learners' confidence and knowledge before, during and after your first aid sessions.

The educator zone includes your '[My groups](#)' dashboard, enabling you to review and track progress of your learners' confidence levels and quiz results, as a group or individually. Learners can also create their own login to access their dashboard and see their progress.

If you are working offline with a group, you can still evaluate their confidence to help in a first aid emergency by using a simple rating scale of 0–10, with 0 being 'Not at all confident' and 10 'Totally confident'.

To further support with the reward and recognition of learning, you can award a [first aid](#)

[learning certificate](#).

Formal and informal education links

First aid learning for young people supports formal and informal education.

Curriculum links

A document detailing links to UK countries' curricula can be found [here](#). The Red Cross also advocates for the [inclusion of first aid education](#) on the national curriculum.

Other youth settings

The resource is flexibly designed to support you if you work with young people in a non-formal or informal setting. Activities can be tailored using both on and off line elements depending on the equipment and space you have access to.

First aid at your fingertips

[Red Cross first aid app](#)

If you or your learners want to keep your first aid skills to hand and fresh in your mind, you can download our free app featuring simple, easy-to-follow advice on 18 everyday first aid scenarios. It also provides tips on how to prepare for emergencies, from severe winter weather to road traffic accidents.

With videos, interactive quizzes and simple step-by-step advice, it's never been easier to have first aid learning at your fingertips. The information is all hosted on the app itself, meaning no internet connection is needed, making it fast and easy to access.

Get in touch

We hope you enjoy using the resource. If you have any questions, please do not hesitate to [contact us](#).