



FIRST AID FOR 10 TO 19 YEAR OLDS

Teaching life-saving skills to build young
people's confidence to help others

Refusing to ignore people in crisis

Could the young people you work with cope in an emergency?

Would the young people you work with have the skills and confidence to help others with injuries, including those related to drug and alcohol misuse? Giving young people the ability to cope in such situations can help to save lives.

Our tailored first aid workshops provide young people up to the age of 19 with the essential skills and confidence to help in a first aid emergency.

The workshops will:

- > Break down barriers to helping others
- > Provide relevant first aid knowledge and skills to treat injuries, such as those resulting from alcohol and drug misuse
- > Build the confidence of young people to help others

What to expect from a workshop:

- > Engaging, interactive sessions using thought-provoking, age-appropriate resources
- > Sessions bespoke to the needs of the group
- > Delivered to the highest standards by Red Cross trained educators

For more information about what is available to young people in your area, contact the Youth Education Support Centre on 0344 412 2734.

youtheducation@redcross.org.uk

Browse our fantastic range of free online teaching resources at REDCROSS.ORG.UK/EDUCATION

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