Our education helps young people understand, cope with, and take action in a crisis.

We offer **fully funded** workshops in schools and youth work settings in areas where young people are at higher risk of experiencing a crisis related to drug/alcohol use and stigmatising behaviour.

**What do the workshops cover?**

The free workshops, delivered by Red Cross educators, aim to help 10–19 year olds learn first aid and/or explore the impact of stigmatising behaviour towards refugees, migrants and asylum seekers.

**First aid workshops**

* Learn essential first aid skills, including how to help someone who is:
* unresponsive (breathing/not breathing)
* bleeding heavily
* burnt
* Assess and manage risks to make informed choices when helping others.
* Build the confidence and willingness to help in a first aid emergency.

**Refugees and migration workshops**

* Explore assumptions about terms such as 'refugee', 'migrant' and 'asylum seeker'.
* Understand why someone might have to flee their home.
* Analyse the harmful effects of unwelcoming, hostile or discriminating behaviour.
* Consider how individual actions can help someone feel more welcome.

**What can you expect from a workshop?**

* They typically last between 60-90 minutes.  You can book a single session or a series of sessions with different groups.
* Due to the interactive nature of the workshops, group sizes are ideally no more than 30.
* Tailored to the needs of your group.
* Delivered by experienced and inspiring Red Cross educators.
* Sessions are practical and help develop critical thinking, teamwork and communication skills.
* Fully funded – there is no cost to you.

**How can I find out more?**

Alternatively, contact our **youth education support centre**.

* Email:

youtheducation@redcross.org.uk

* Call **0344 412 2734**

To find out more about how we could help young people please contact **Sarah McCrory** at:

* Email: sarahmccrory@redcross.org.uk
* Call **07739331866**