



Topic: Safety

Year: 7

NC Strand: Health

What should I already know?

- Call for help if I need it/call 999
- Road safety
- To recognise my emotions

What will I know by the end of the unit?

- How to express my emotions in a constructive way
- how to manage and maintain friendships
- How to improve my study skills
- How to identify my personal strengths and areas for development
- Personal safety
- How to respond in an emergency situation
- Basic first aid

Vocabulary

Personal safety	In a good physical or mental condition because of what we do and eat
Strengths	Your strength is the physical energy that you have, which gives you the ability to perform various actions, such as lifting or moving things.
Development	Development is the gradual growth or formation of something.
Emergency	An emergency is an unexpected and difficult or dangerous situation, especially an accident, which happens suddenly and which requires quick action to deal with it.
First aid	First aid is simple medical treatment given as soon as possible to a person who is injured or who suddenly becomes ill.
Criminal Child Exploitation (CCE)	Criminal exploitation is child abuse where children and young people are manipulated and coerced into committing crimes.
Gangs	The word 'gang' means different things in different contexts, the government in their paper 'Safeguarding children and young people who may be affected by gang activity' distinguishes between peer groups, street gangs and organised criminal gangs.
Illegal	If something is illegal, the law says that it is not allowed.

What is criminal exploitation?

Criminal exploitation is child abuse where children and young people are manipulated and coerced into committing crimes.

What is a gang?

The word 'gang' means different things in different contexts, the government in their paper 'Safeguarding children and young people who may be affected by gang activity' distinguishes between peer groups, street gangs and organised criminal gangs.¹

- Peer group**
 A relatively small and transient social grouping which may or may not describe themselves as a gang depending on the context.
- Street gang**
 "Groups of young people who see themselves (and are seen by others) as a discernible group for whom crime and violence is integral to the group's identity."
- Organised criminal gangs**
 "A group of individuals for whom involvement in crime is for personal gain (financial or otherwise). For most crime is their 'occupation'."

Signs of criminal exploitation

There are some signs to look out for if you're worried a child or young person has joined a gang, or is being criminally exploited. It might be hard to spot at first, but the sooner you're able to talk to the young person the more you'll be able to help them.

First Aid

D DANGER
Check for danger to yourself, bystanders and patient.

R RESPONSE
Check for response, talk and touch.

S SEND FOR HELP
Call an ambulance on 000 or 112 from mobiles.

A AIRWAY
Clear and open airway
Adult/child – full tilt
Infant – neutral head position

B BREATHING
Look, listen and feel for breathing. If not breathing normally, start CPR.

C CPR
Perform 30 compressions followed by 2 breaths.
If unable to perform rescue breaths, continue chest compressions.

D DEFIBRILLATION
Attach automatic external defibrillator (AED) as soon as possible and follow its prompts.

30:2
Compressions:Breaths

Hands-Only CPR

What is Hands-Only CPR?
Hands-Only CPR is the recommendation of all Survive and Thrive in CPR (S+T) in all circumstances (in and out of hospital). Hands-Only CPR is a life-saving technique that uses chest compressions to pump blood around the body. It is the most effective way to help someone who has collapsed and is not breathing. It is recommended for all ages and all fitness levels. It is also recommended for people who are not trained in CPR. It is recommended for people who are not trained in CPR. It is recommended for people who are not trained in CPR.

How To Do Hands-Only CPR?

Push HARD Push FAST

Step 1
Call 999 or 112 for an ambulance. If you are alone, call 999 or 112 for an ambulance. If you are alone, call 999 or 112 for an ambulance. If you are alone, call 999 or 112 for an ambulance.

Step 2
Check for response. Look, listen and feel for breathing. If not breathing normally, start CPR.

Step 3
Push the heel of one hand in the middle of the victim's chest.

Step 4
Keep the heel hard with your other hand on top.

Step 5
Push up as hard and fast as you can. Push up as hard and fast as you can. Push up as hard and fast as you can.

Don't stop! Continue until help arrives.

Don't worry about tiring. It's better to try and push than not to try at all.

Continue until medical help arrives.