



What should I already know?

- About substance use and misuse, including laws relating to this
- About the effects of alcohol, tobacco, nicotine and e-cigarettes
- About attitudes and social norms regarding substances
- About dependence, including the over-consumption of caffeine-based energy drinks
- How to safely use over the counter and prescription medications
- How to manage peer influence in relation to substance abuse
- Strategies to manage personal safety in situations, including online
- Assessing and reducing the risk in relation to health, wellbeing and personal safety

What will I know by the end of the unit?

- How to manage personal safety, including when out, travelling, at home and online
- How to respond in an emergency situation
- How to perform basic first aid, including CPR
- When and how to safely use defibrillators

Vocabulary

Unresponsive	Not reacting or responding to communication
Recovery position	A position to put a person in when they are unconscious
Alert	Quick to notice something and is communicating
Monitor	A person who watches an activity to check that everything is correct
Cardio Pulmonary Resuscitation	A medical procedure which involve repeated cycles of compression to the chest to maintain blood circulation
Heart rate	The speed at which the heart beats
Circulation	Continuous motion of the blood moving through all parts of the body as the heart pumps
Pedestrian	A person walking
Passenger	A traveller on private or public transport
Driver	A person who drives a vehicle

Lesson Overview

Lesson 1: to understand how to give basic life support
 Lesson 2: to learn about the Red Cross
 Lesson 3: to learn about the importance of speaking up in potentially dangerous situations
 Lesson 4: to explore road safety, in the context of my local area, from the perspective of a driver and a pedestrian
 Lesson 5: to confront some assumptions about road safety and the impact of distractions on reaction times



The Red Cross

The Red Cross is the largest **humanitarian aid** organisation in the world today.
The Red Cross is made up of various branches including The International Red Cross and the Red Crescent Movement.



The Principles of the Red Cross

1. Humanity
2. Impartiality
3. Neutrality
4. Independence
5. Voluntary Service
6. Unity
7. Universality



Humanity

To protect human life and health
To promote respect for all human beings
To promote peace around the world

Impartiality

To refuse discrimination against anyone
To help those in the greatest need first

Neutrality

To remain neutral by not taking sides in political, racial, religious or other arguments
This is important so that everyone feels they can trust the Red Cross and that they are there as a support for all

Independence

To remain independent from governments and other organisations in order to uphold the principles of the Red Cross

Voluntary Service

To work as volunteers and not for their own personal gain
Volunteers join their local branch and attend meetings, training and activities there
Children as young as 4 can become a youth member



Unity

To have members that represent all of the groups that make up a society
To provide services to everyone throughout the country
To always promote peace and harmony among people
There can only be one Red Cross Society in a country

Universality

To support Red Cross Societies in other countries
The Irish and British Red Cross Societies, for example, support each other and they often work together on joint events

First Aid



Would you know what to do if a person...

- ...fell off a wall and broke their leg?
- ...burnt their hand on the oven?
- ...electrocuted themselves?
- ...cut their finger with a sharp knife?
- ...was choking on some food?
- ...sprained their ankle?
- ...drank cleaning products by accident?

...was hit on the head by a falling object?

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 unwilling/unable to perform rescue breaths continue chest compressions.	
D	DEFIBRILLATION Attach automatic external defibrillator (AED) as soon as possible and follow it's prompts.	

THINK!



STOPPING DISTANCES

The faster a vehicle is travelling, the longer it will take to stop.

20 Stopping distance = **12m**

A driver will be able to stop in time if a child runs into the road three car lengths in front

30 Stopping distance = **23m**

The same driver will not be able to stop in time, and will hit the child at a speed of 27mph

Higherspeed = Greater Impact = Death + Serious injury

Risk of injury increases exponentially with impact speed

If a child is hit by a car travelling at 27mph, the impact is equivalent to falling from the third floor of a building.

At 18mph, the impact is equivalent to falling from the first floor.



THE HARD FACTS

You're four times more likely to be involved in a serious crash if you're on your phone while driving.

Drivers using a phone contributed to **123 crashes** where someone was killed or seriously injured in 2017.

Drivers caught using their phone can be given a £200 fine and six points on their licence. Novice drivers given six points will lose their licence.

Stay focussed

A vehicle can travel a long distance while a driver is looking at their phone.

At 70mph, a vehicle will travel 31.5m every second. That's the length of seven cars.

Hands-free calls are no safer than standard calls – the call itself is the distraction, not holding the phone.

SLOW DOWN

Speed limits are **LIMITS**

NOT targets.

Every year, driver speed contributes to:

More than **105,000** crashes

Around **1,580** deaths

Almost **20,000** serious injuries

Almost a quarter of fatal crashes involve someone who was driving too fast.

The speed limit is the top speed for any particular road.

It is often safer to travel at much lower speeds, especially in bad weather or poor visibility or in places where people live, work and play.



Topic: Keeping Safe

Year: 8

NC Strand: Health & Wellbeing