

Topic: Keeping Safe Year: 8 NC Strand: Health & Wellbeing

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



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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

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

Neutrality

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

<u>Impartiality</u>

To refuse discrimination against anyone

To help those in the greatest need first

Independence

To remain independent from governments and

other organisations in order to uphold the

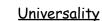
principles of the Red Cross

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



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?



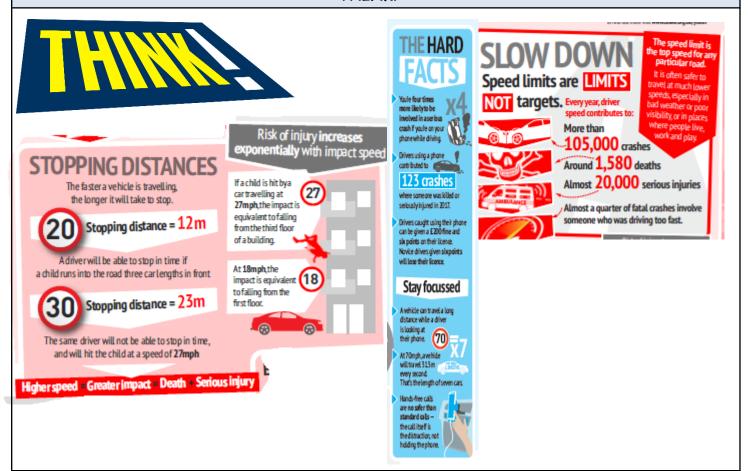
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THINK!





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