

Secondary 15 Minute Lesson



Be informed.



Be curious.



Be heard.

Your latest results: "Should energy drinks be banned for under-16s?"



Yes

21.7%

No

78.3%

"Yes, otherwise it is costing the NHS more money for dentists."
Scissett Middle School

"If they are harmful then they shouldn't be made in the first place - ban the product from sale completely."
Rutlish School

"It is our choice what goes in our bodies. Energy drinks can be beneficial at certain times e.g. preparation for sports."
City of Peterborough Academy

"These E drinks should be packaged in small cans ONLY. This will limit the amount of caffeine and sugar children consume."
Haberdashers' Aske's Hatcham College

29,673 young people voted this week! Were you one of them?

Your latest results: “Should energy drinks be banned for under-16s?”

We've just gone through your results, and listen – we get it, energy drinks are big with under-16s. But have you ever thought about why, and what lies beneath the brilliant marketing tactics? Red Bull gives you wings right? Monster is busy unleashing the beast. But here's the thing. We spoke to a renowned doctor last month who told us if you want to live a long and healthy life you should look to have around 15-20g of sugar a day. The absolute max recommended is 30g. One can – just one can! – of Monster has 52g. There are no warnings, just powerful, misleading marketing that earns them millions in profits whilst the health of a generation suffers.

And that's why we at Bite Back are so passionate about this. Because a third of young people in the UK are now at risk of having their lives affected or in the worst cases cut short by food-related health conditions like Type 2 diabetes. One in three of us. Don't be fooled by them – be properly fuelled.

Stay awesome and take care of yourselves!



 **VOTESFORSCHOOLS**

Harrison (19), Bite Back activist

Your views on “Should energy drinks be banned for under-16s?” were also heard by:



Bite
Back



Healthy
Schools



Future Food
Movement



Jamie
Oliver



Red Bull
GmbH



Be informed.



Be curious.



Be heard.

Want to share your views with us? Share your votes and comments by logging into your VotesforSchools account. You can also get in touch at secondary@votesforschools.com

Today's VoteTopic:

Should everyone be first aid trained?

UNCRC Article 29:
Aims of
education

UN SDG 11:
Sustainable cities &
communities

VfS Key Theme 6:
Community &
charity

1 Why are we talking about this?



The **first aid charity St John Ambulance** recently found out that **29% of people** felt **very confident** carrying out **first aid**.

Though this is a good start, the charity think that **more people** could be **trained** to **give first aid**.

The research also found that **younger people** had **slightly better first aid awareness** and **confidence** than **older people**.

Since **2020**, lots of **schools in England** now **teach first aid** as part of **health education**.

Should we continue rolling out first aid training? Today you are **voting** on: **“Should everyone be first aid trained?”**



2 Setting the example



Many **young people** have been **learning first aid**. There are **charities** and **organisations** that **teach** the key skills. Some **schools** give **lessons** on first aid.

Individual activity (5-7 mins)

Complete the stories about some inspirational young people who have put their first aid skills to use. Pick from the numbered options given. Beat your chest for your choice of answer.



One
beat



Two
beats



Three
beats


2 Setting the example



A choking six-year old has thanked her big sister Emma, 17, for saving her life just two _____ after taking a first aid course.

 days

 weeks

 months

2 Setting the example



50



100



200

A Glasgow teenager who volunteered more than _____ hours with a first aid charity performed CPR on a member of the public having a heart attack. Sadiq won the Amy Allan Young Volunteer of the Year 2024 at the Scottish First Aid Awards ceremony.

CPR:

Cardiopulmonary resuscitation combines chest compressions and rescue breaths to give a person the best chance of survival following heart problems.

2 Setting the example



An 11-year old boy has been praised for saving his five-year old sister's life when she choked on a grape. Alfie used firm taps _____ to save Georgie, outside their home in Launceston, Cornwall.



between the
shoulder
blades

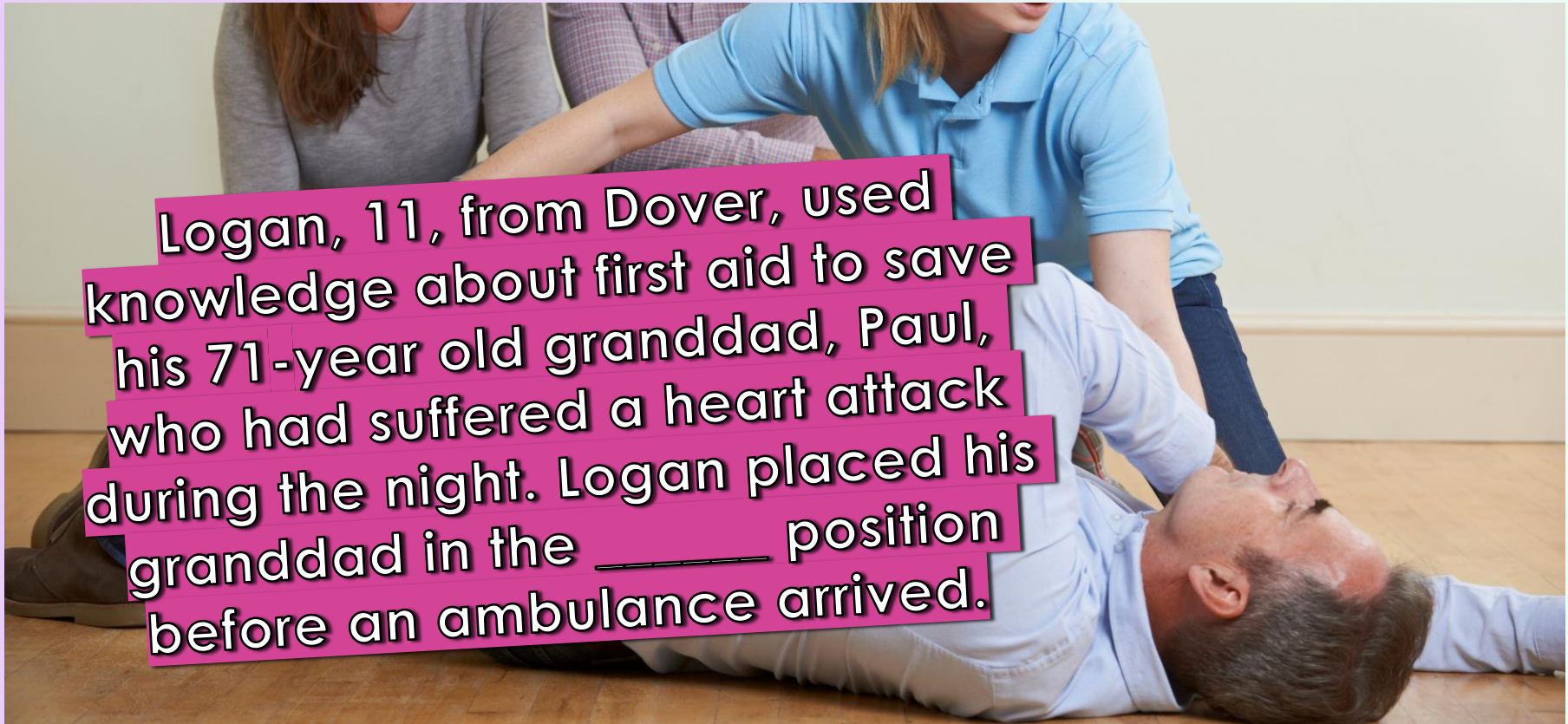


on the
lower
back



on the
upper
chest

2 Setting the example



Logan, 11, from Dover, used knowledge about first aid to save his 71-year old granddad, Paul, who had suffered a heart attack during the night. Logan placed his granddad in the _____ position before an ambulance arrived.



medical

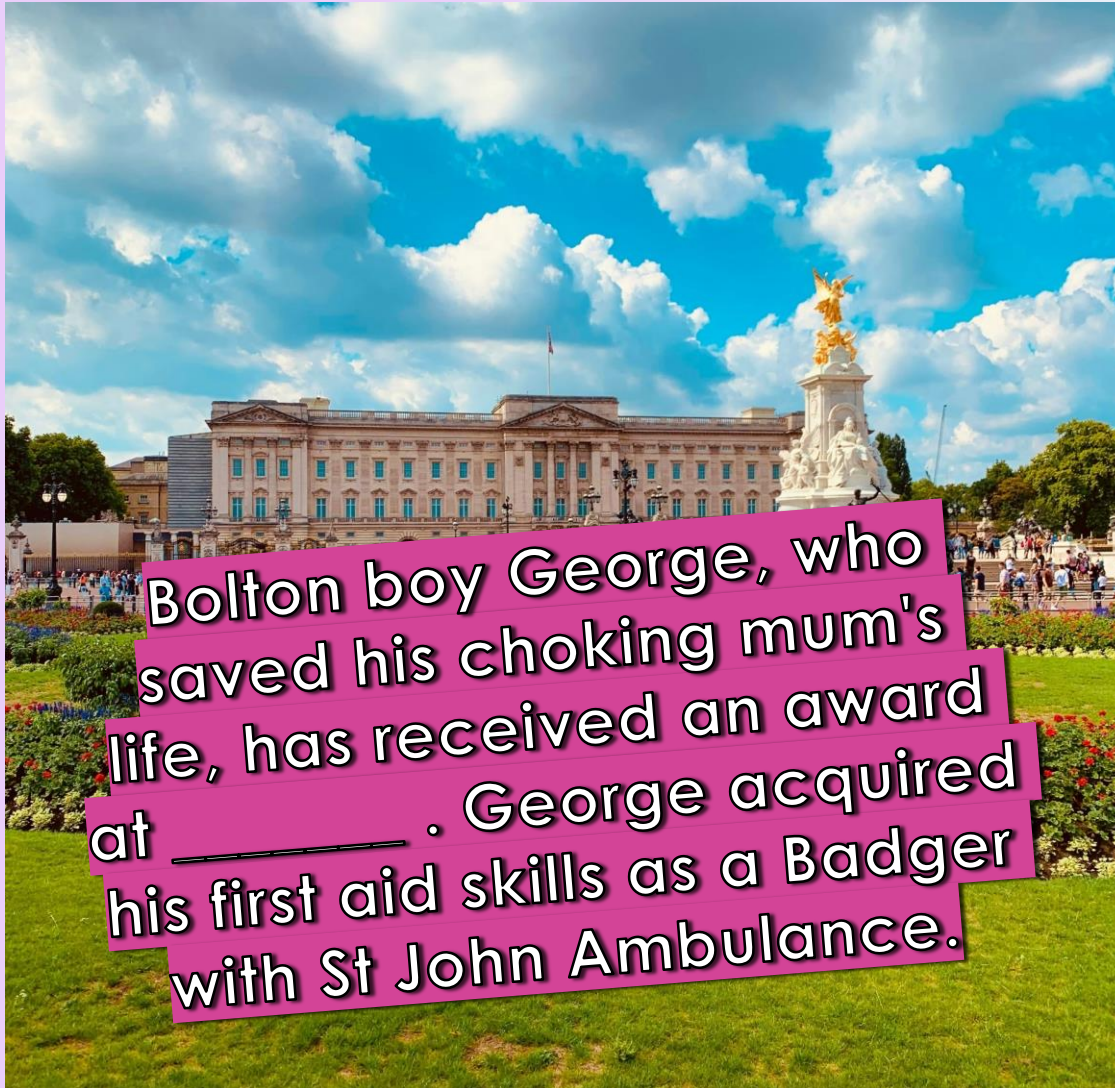


recovery



safety

2 Setting the example



Buckingham
Palace



Bolton
Castle



Manchester
Town Hall

3 Something for everyone?



In today's lesson you have heard about **young people** who have **saved lives** using their **first aid training**.


Today's **VoteTopic** question is: “**Should everyone be first aid trained?**” There are arguments for and against this.

Individual activity (5-7 mins)


Let's explore some for and against arguments for today's VoteTopic question. Which contrasting opinion do you **agree with more**, the **Yes** or **No argument**? Use your **arms** to **make a tick** for the **Yes** comment, or **cross your arms** for the **No** comment.



3 Something for everyone?



First aid training could help with our school subjects. There's Biology involved, and there are important skills for PE and fitness.



There are so many "nice to haves". I don't have time for any more learning on top of what I already have.


3 Something for everyone?



You never know when you might need these skills. It's best for everyone to have them. What if we become parents and need to use first aid in an emergency?

It will be expensive to train everyone in first aid. There could be other ways to save lives. The money could be used to give everyone swimming lessons or road cycling lessons instead.

3 Something for everyone?



You don't just learn first aid skills to help others. You also learn more about decision-making, confidence and responsibility.



It's important that those who want to learn first aid are the ones encouraged. You don't want to force people to learn skills they are not interested in.



3 Something for everyone?



The experts should be the ones giving aid. There's a chance that I could make things worse.



In some cases 999 might ask you to do something to help a victim. If you have some confidence and skills, you will be better equipped.



Now's your chance to vote on: "Should everyone be first aid trained?"

Yes

You never know when you might need these skills. It's best for everyone to have them.

Getting first aid training lets you learn more about decision-making, confidence and responsibility.

999 might ask you to support a victim while waiting for help. If you have some confidence and skills, you will be better equipped.

You don't want to force people to learn skills they are not interested in.

It will be expensive to train everyone in first aid. There could be other ways to save lives.

You will need to have training every now and then to keep your understanding fresh. We just won't keep up with it.

No

We will be sharing your thoughts on this topic with St John Ambulance, British Red Cross, Healthy Schools, St Andrew's First Aid and British Heart Foundation. Log in to your VotesforSchools account to submit your vote and leave a comment.