

# Primary 7-11 Lesson



**Be informed.**

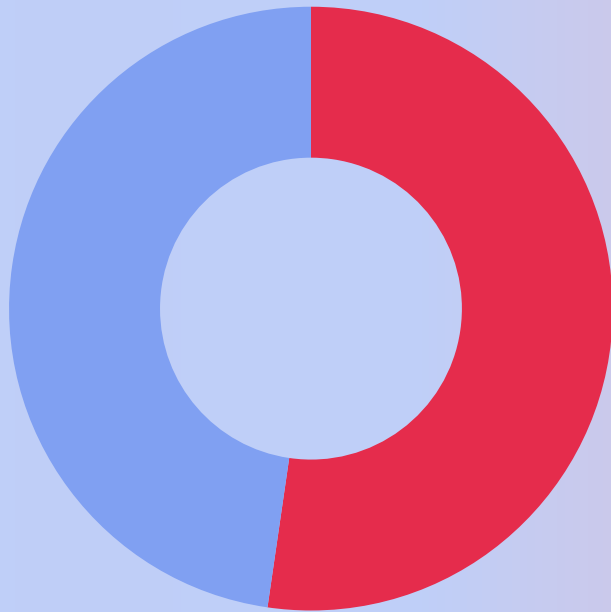


**Be curious.**



**Be heard.**

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



Yes

47.7%

No

52.3%

**"I think children over ten should be allowed to have energy drinks in moderation."**

Maple PRU

**"I think energy drinks should be banned because they have a big effect on young people's health."**

West Green Primary School

**"No, we shouldn't ban them because it's important for us to make our own choices about our own bodies."**

All Saints CEVA Primary School

**"I vote no because kids need to learn how to be responsible when they grow up to be an adult."**

Godolphin Junior School

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 here's the thing. We spoke to a 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.**

**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 by food-related health conditions. 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 latest results: “Should energy drinks be banned for under-16s?”



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 [primary@votesforschools.com](mailto:primary@votesforschools.com)

Today's VoteTopic:

# Should you have more first aid training?

UNCRC Article 29:  
Aims of  
education

UN SDG 11:  
Sustainable cities &  
communities

VfS Key Theme 6:  
Community &  
charity

# 1 Seeing the signs



## **Pair activity (2 mins)**

Look at the symbol above. What does it mean?



### **Did you know?**

This symbol is used to show where a first aid kit is or that a first aider is nearby. This symbol is used worldwide.

## 2 Why are we talking about this?



**First aid** is the **help given to someone** who is **injured** or **ill** to **keep them safe**.







A **first aid charity** called **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**.

### Did you know?

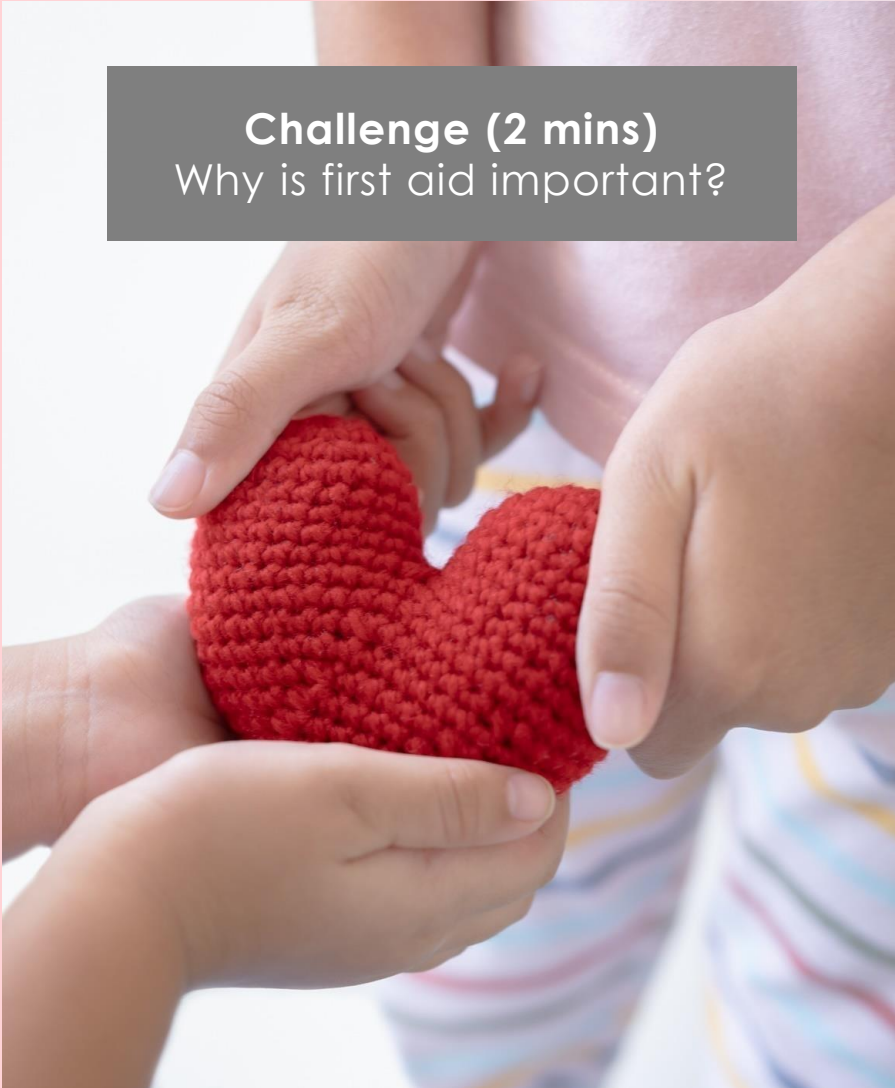
People who are first aid trained are known as first aiders.



## 2 Why are we talking about this?



**Challenge (2 mins)**  
Why is first aid important?



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**.

As well as this, there are **different clubs** that **young people can take part in outside of school** that **teach first aid skills**.

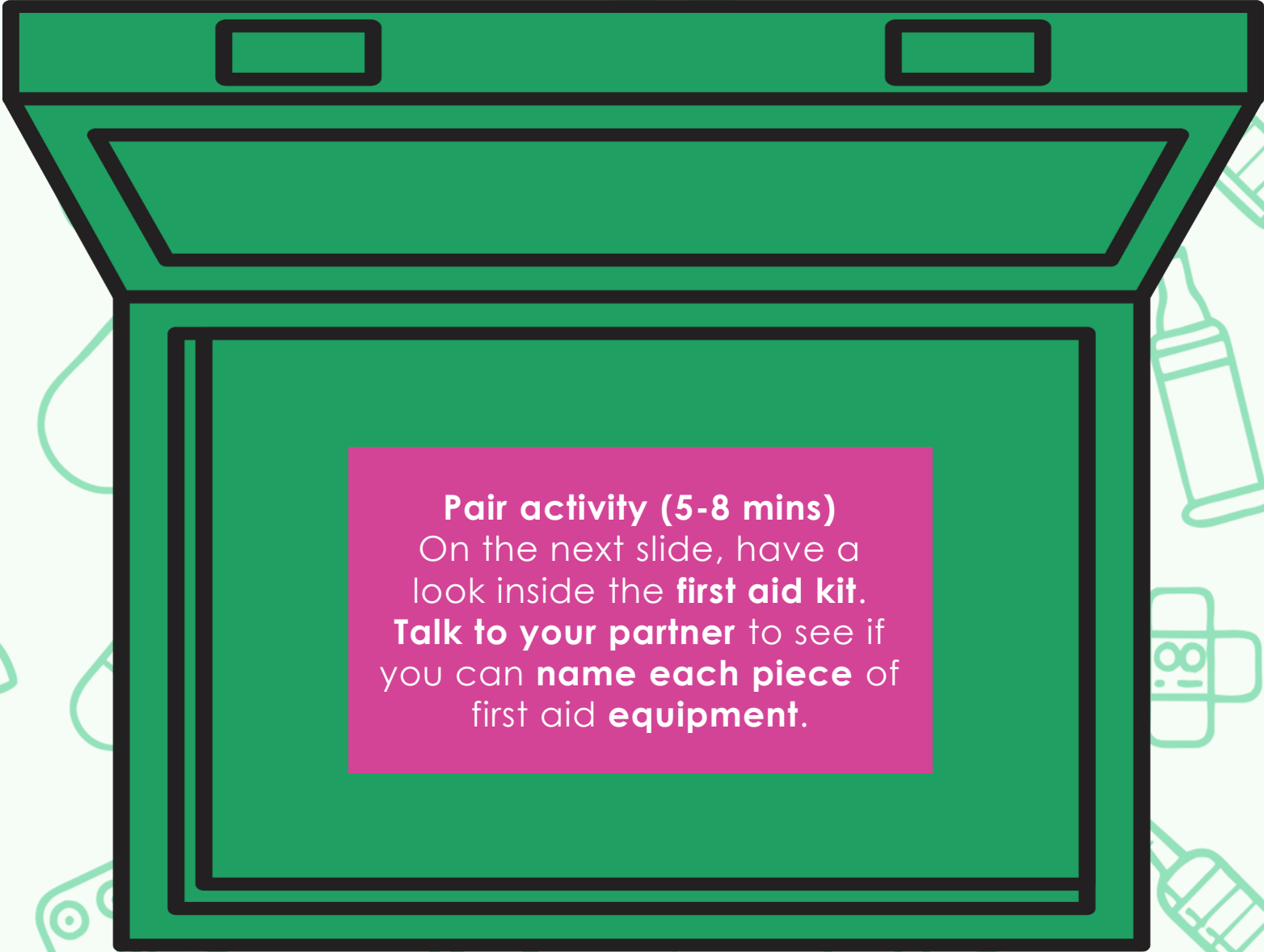
## 2 Why are we talking about this?



But, **should you have more first aid training?** Let's decide today.



### 3 Feeling equipped

A large green first aid kit with a black outline, shown from a top-down perspective. The kit is open, revealing a pink rectangular area in the center. The background of the slide is light green with faint icons of medical supplies like band-aids, pills, and syringes.

**Pair activity (5-8 mins)**  
On the next slide, have a look inside the **first aid kit**.  
**Talk to your partner** to see if you can **name each piece of first aid equipment**.

# 3 Feeling equipped



# 3 Feeling equipped



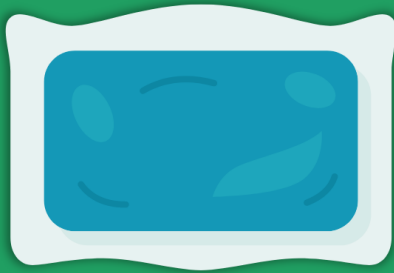
**Wipes**



**Plasters**



**Eye bath**



**Cool pack**



**Bandage**



**Scissors**



**Wipes**

When someone has a **graze**, these **special cleaning wipes** can help to **stop germs** from getting **inside** the cut.



**Plasters**

**Plasters** can be used to help **stop germs** from getting into someone's **body**. They give **cuts** and **grazes** **time to heal**.



**Eye bath**

If someone gets something in their **eye**, an **eye bath** can be used to **wash it out** using **clean water** or a **special liquid**.

### 3 Feeling equipped



**Cool pack**

When someone has hurt **part of their body** (like their **head**) they might need a **cool pack** on it to **stop it from swelling up**.



**Bandage**

If someone has a **larger cut**, they might need a **bandage** to help cover it. It needs to be **clean** so that it is **safe to use**.



**Scissors**

**Scissors** can **cut bandages** and **plasters** to make them the **right size**. They can also **cut away clothing** if it is **in the way**.



### 3 Feeling equipped



**Did you know?**  
While **most places** in the world have **green** and **white first aid kits**, **some places** have **red** and **white first aid kits**.

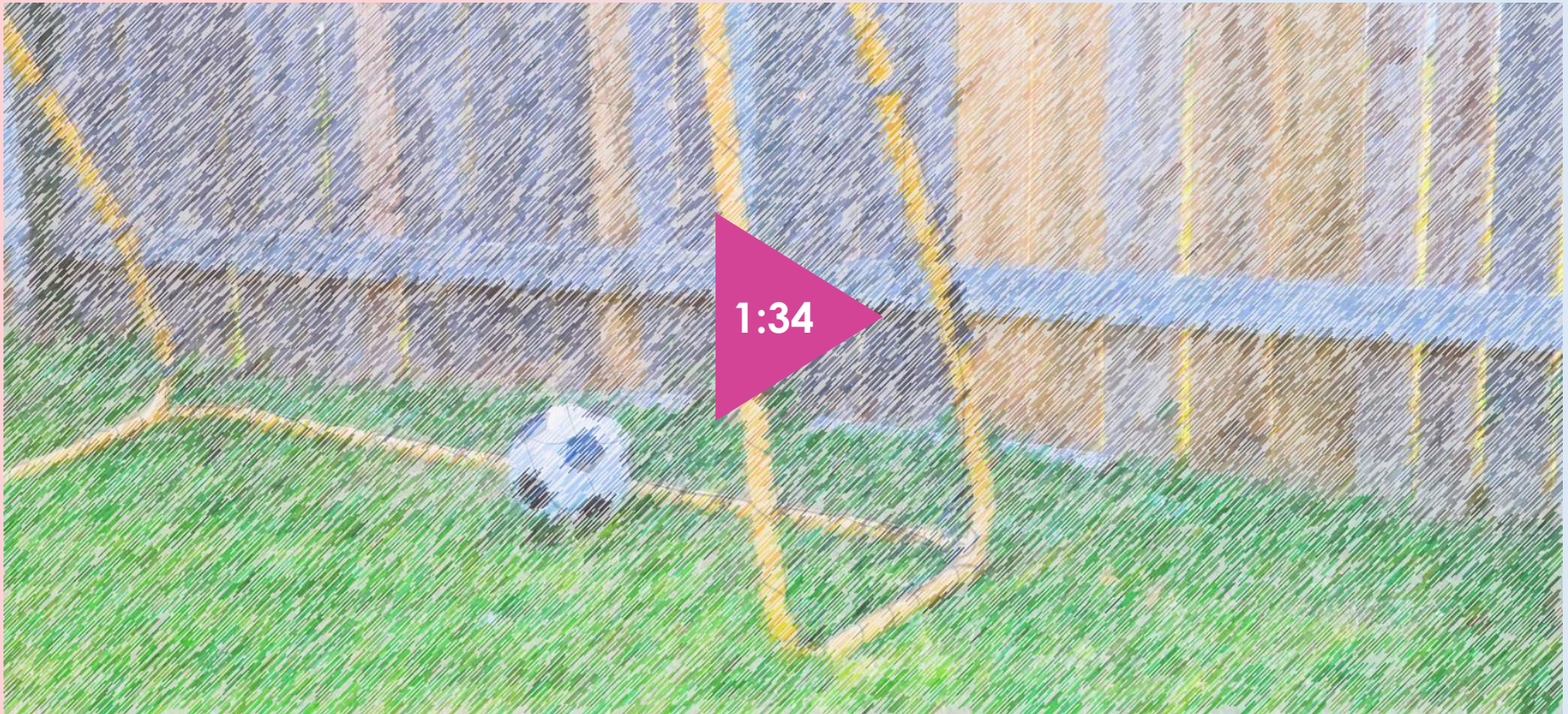


## 4 A helping hand



Pair activity (2 mins)

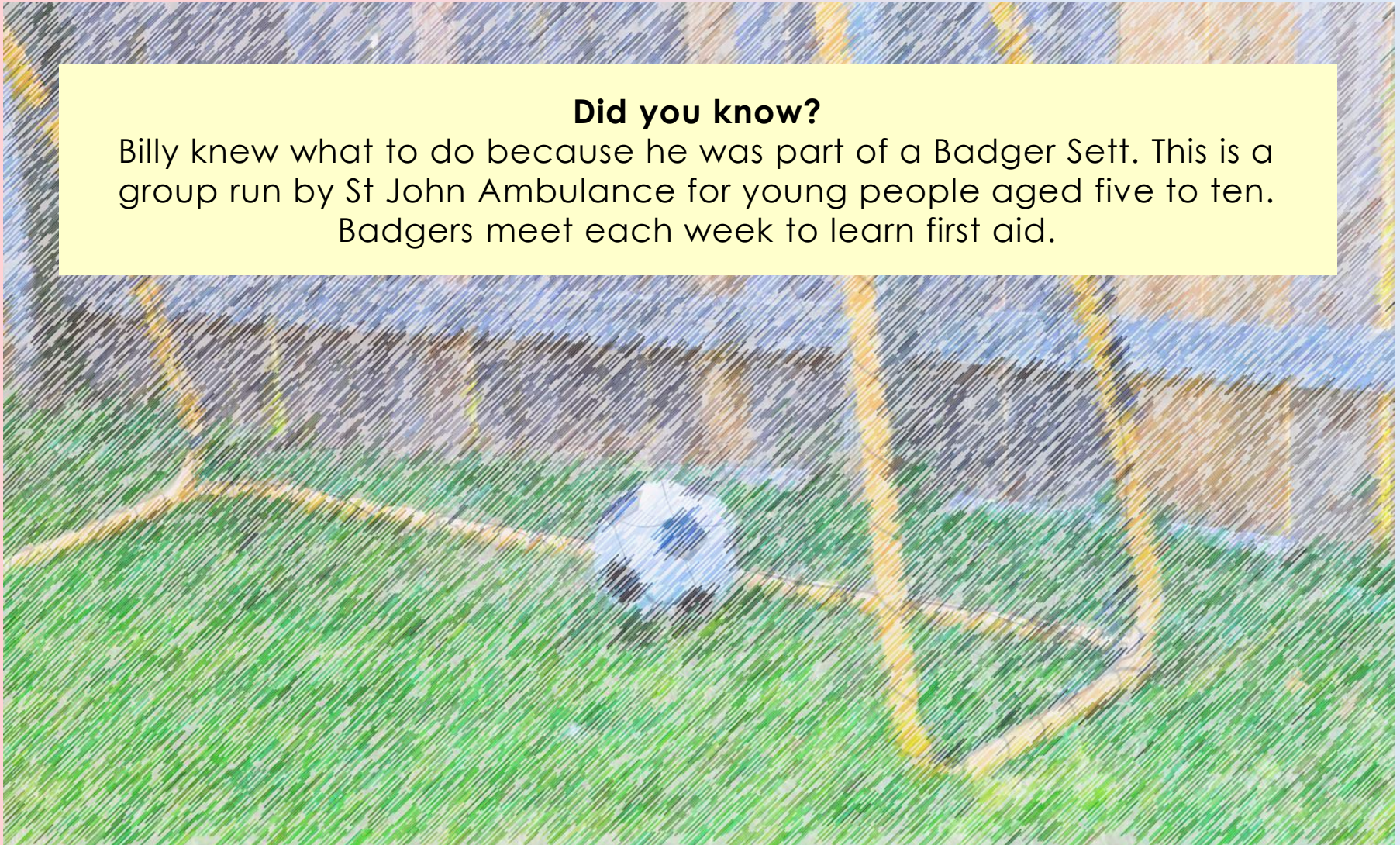
Click the play button below to watch a video about a young person who has given first aid.





## Did you know?

Billy knew what to do because he was part of a Badger Sett. This is a group run by St John Ambulance for young people aged five to ten. Badgers meet each week to learn first aid.





## Whole class activity (8-10 mins)

Over the next few slides, you will **watch some videos showing situations where someone needs first aid**. After you watch each one, **discuss which actions the first aider took** to help in each situation.



### Did you know?

As there are a range of injuries and illnesses shown, the first aider might need to take different actions each time.

## 4 A helping hand



0:22

Click to hear a summary of the first aider's actions.

## 4 A helping hand

A dark grey play button icon with the text "0:39" inside it, centered over a blurred image of a first aid kit.

0:39

Click to hear a summary of the first aider's actions.

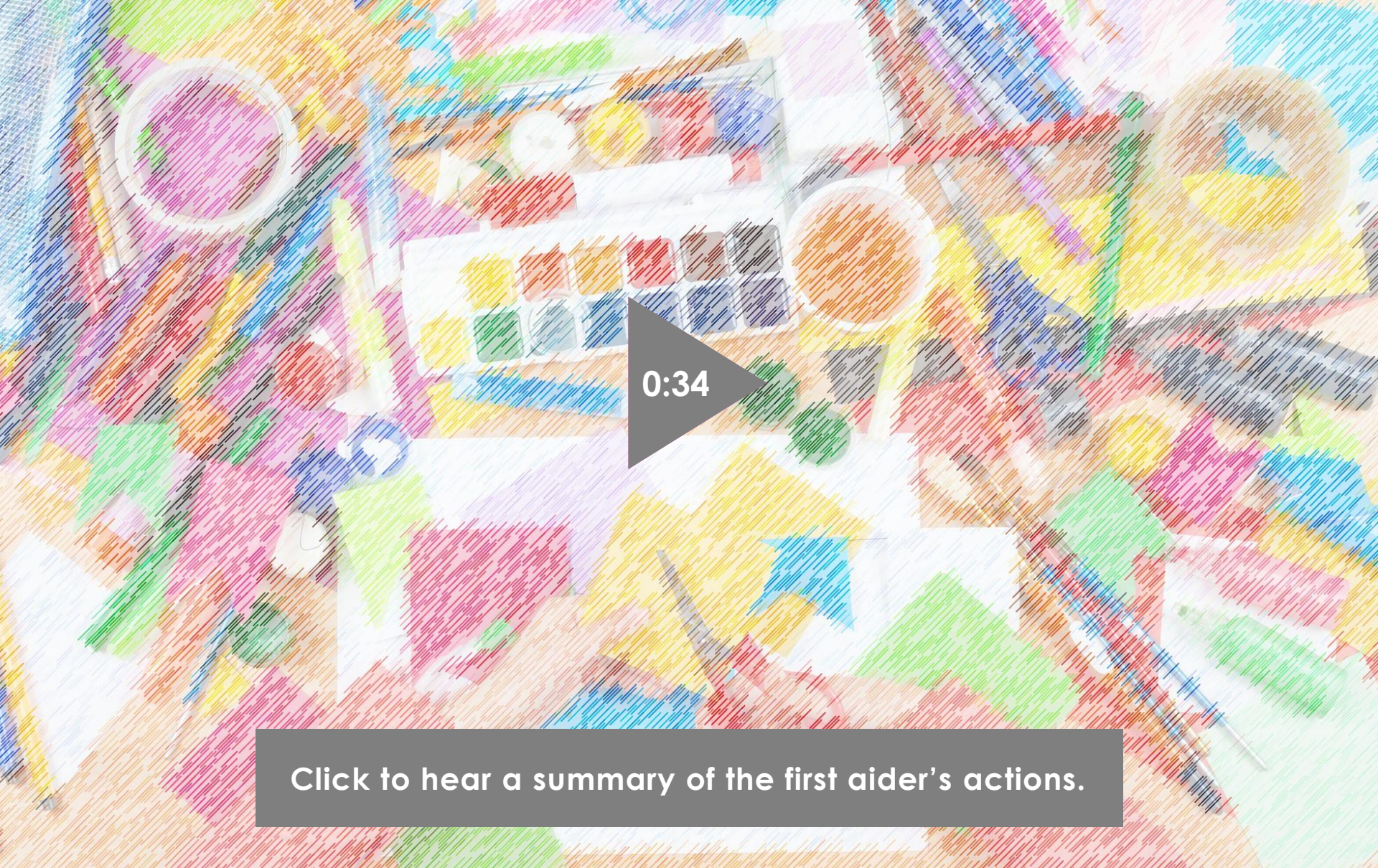
## 4 A helping hand



0:35

Click to hear a summary of the first aider's actions.

# 4 A helping hand



0:34

Click to hear a summary of the first aider's actions.



## 4 A helping hand



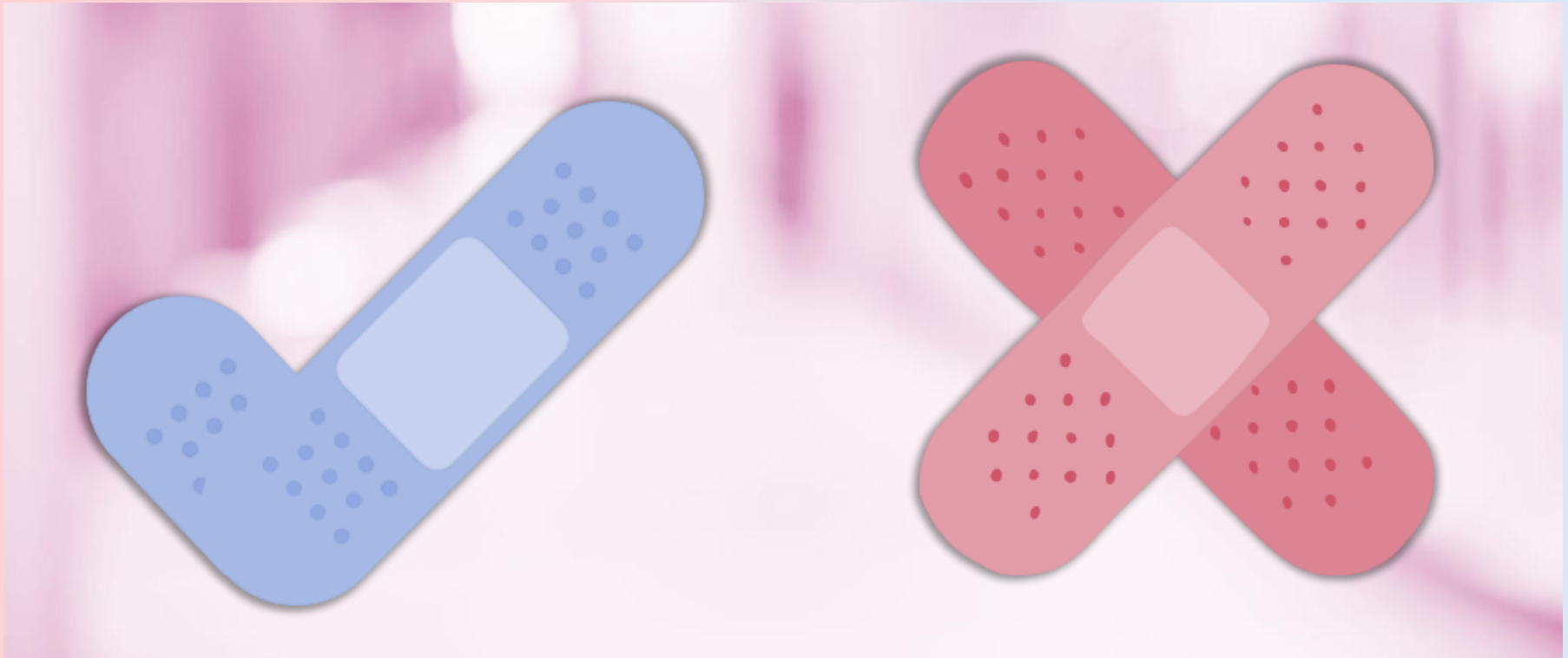
### Challenge (1 min)

In each situation, all four first aiders did one thing the same. Can you find a similarity in the way they all reacted?



## Individual activity (5-10 mins)


Over the next few slides, you will read **some comments made about first aid**. On each slide, **point to the comment you think is correct**. The **plasters** below will **show up on the speech bubbles** to help you **check your answer**.





Panicking will help the ill or injured person get help quicker.

Though it's difficult, being calm when someone is ill or injured can really help.



Panicking will help the ill or injured person get help quicker.

Though it's difficult, being calm when someone is ill or injured can really help.

## 5 Building our skills



It's always useful to call out for an adult in an emergency. They can help you give first aid.

I'm confident in my first aid skills, so I don't need to get help from an adult.

## 5 Building our skills



It's always useful to call out for an adult in an emergency. They can help you give first aid.

I'm confident in my first aid skills, so I don't need to get help from an adult.



## 5 Building our skills



You should always check if it is safe for you to help someone before going to give them first aid.

You need to give someone first aid straight away, no matter the danger.

## 5 Building our skills



You should always check if it is safe for you to help someone before going to give them first aid.

You need to give someone first aid straight away, no matter the danger.




## 5 Building our skills




You always have to ring 999 when you give someone first aid.

999 is only for emergencies. Sometimes, people feel much better after getting first aid.

## 5 Building our skills



You always have to ring 999 when you give someone first aid.



999 is only for emergencies. Sometimes, people feel much better after getting first aid.

# 6 World First Aid Day



On **14<sup>th</sup> September 2024**,  
**World First Aid Day** is  
taking place.

**Whole class activity  
(2 mins)**

**Would you like to mark  
World First Aid Day in your  
school? Stand up if you do  
want to mark it, sit down if  
you don't want to mark it.**

# Now's your chance to vote on: "Should you have more first aid training?"

**Yes**

**I love learning new skills. It's useful to me and other people so I can't wait to learn more.**

**First aid helps others and saves lives. The more training, the better.**

**First aid training gives you confidence. You can never be too prepared as every situation is so different.**

**I think I'm too young to have the responsibility of giving someone first aid. It's best left to adults.**

**I already get first aid training at school or at a club, so I don't need any more.**

**We learn so much at school already, I don't think we've got any more time to spend on first aid.**

**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.