

Tips For Teens

Intended Audience:

- Teens (Ages 14-18)

Lesson Objectives:

Participants will:

- Identify helpful items/tools in constructing a first aid kit
- Understand the basics of first aid care

Time: 35-40 minutes

Equipment & Handouts:

- First Aid Item Copies (pdf)
- Pencil or pen
- Scratch paper
- Powerpoint slides for items
 - Projector Screen
 - Laptop
- First Aid Basic Supply List (pdf)
- First Aid Relay Questions (pdf)
- First Aid Relay Item Pictures

Do Ahead:

- Review lesson & Powerpoint
- Print First Aid item pictures from attached document
 - Lamination encouraged so items can be reused
- Print copy of First Aid Relay Questions (1) and First Aid Basic Supply List (# of participants)

Basic First Aid

BACKGROUND AND OUTCOME

Basic first aid knowledge can be helpful at home, school, during extracurricular activities and beyond. Understanding first aid care can provide confidence in the teen responder's skills and abilities. In addition, it can also equip teens with the right tools to prevent a minor health situation from becoming worse while keeping the victim calm.

It is important to review which items or tools may be helpful to include in a first aid kit and what health ailments these items or tools may assist with.

Educating teens on how to create a first aid kit and utilize the included items can increase safety for siblings, parents and friends of all ages. Teens will increase confidence in providing basic first aid care.

WHAT TO DO

Anchor: (5 minutes)

First, initiate a discussion with participants about what items may be useful or helpful in a first aid kit. A half sheet of paper and a writing utensil can be passed.

- Are you familiar with what is in a first aid kit?
- Do you currently have one in your home and/or know how to access one?
- What are some first aid kit "essentials"?
 - Go around the room and ask each participant to name an item and what it may be used for and/or helps with

Activity: First Aid Relay (10 minutes)

Goal: Test background knowledge of common kit items

- Split teen participants into (2+) teams (4-10 participants)
- Spread out pictures of first aid items on a table.
- Read off a description from "*First Aid Relay Questions*". Participants must identify and select which picture can assist or help with the described health ailment or concern.
- Teams are given 1-point for each correct item.
- Winning team receives a small prize (candy, 4-H pencil, etc.)



Sources:

- First Aid in Action #353, Ohio 4-H Project Book
- American Red Cross; www.redcross.org

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Add: (15 minutes)

Share “*Basic First Aid PowerPoint Presentation*”. Review items commonly included in a first aid kit and what the items are typically used to help treat or care for. (Educator note: you can bring in a first aid kit or items you may have at home to enhance the discussion. If not, you can print a second copy of the relay items to assist with the presentation.)

Apply: (5 minutes)

- Distribute “*First Aid Kit Basic Supply List*” handout to participants.
- Ask participants to share one new thing learned
- **Optional:** Repeat “First Aid Basics” Relay to test if participants learned something new about an item they were unsure of.

Take Away: (2-3 minutes)

- Encourage participants to work on creating, establishing or updating a kit for their home, 4-H club, or keeping one handy in personal/parent vehicle.
- Take time to answer any post-activity questions.
- Share first aid/CPR training information with participants.

Evaluation: (5 minutes)

- Utilize last slide of PowerPoint- questions are included; distribute printed slide or pass a half-sheet of paper out to each participant. Questions are answered on a 1 to 5 scale; 1 (strongly disagree), 5 (strongly agree).
 1. The “Basic First Aid PowerPoint” lesson was informative and useful to me.
 2. I gained new knowledge from this activity.
 3. I plan to create a first aid kit or update an existing one in my home, 4-H club or vehicle, etc.
 4. I would feel comfortable administering basic care to myself or a sibling, family member, etc.
 5. I feel confident I can identify essential basic first aid items/tools.
- Participants are encouraged to leave additional comments if they feel necessary.