

# Stay Safe!



Offers basic first aid and safety skills for youth 9-13 years old. Participants learn about being safe when they are without the direct supervision of a parent, guardian, or trusted adult, both at home and in their communities.

## DURATION

5-6 hours

## INSTRUCTOR

Red Cross Youth Leader

## PREREQUISITE

Minimum 9 years of age (or completion of Grade 3)

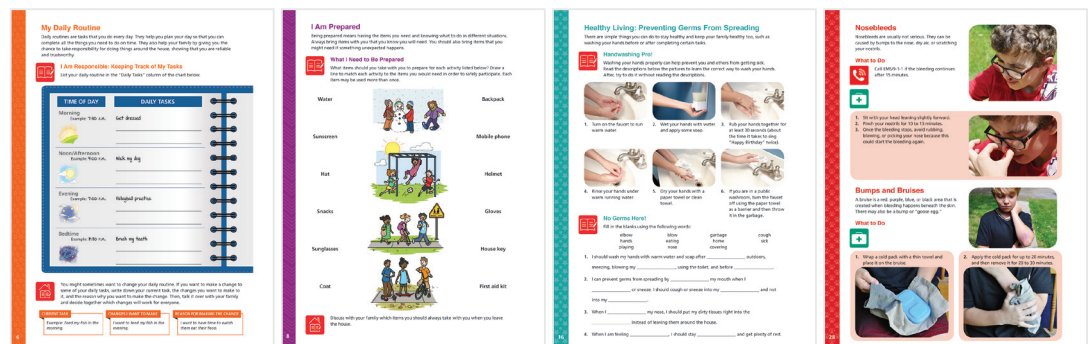
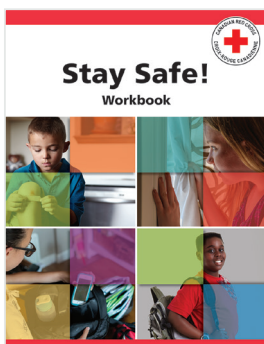
## COURSE CONTENT

- The importance of responsibility and respect while being accountable for yourself
- The importance of setting and following safety rules when on your own
- How to stay safe at home and within the community
- How to prepare for, recognize and respond to unexpected situations (e.g., inclement weather, strangers, and unanticipated visits)
- Basic first aid skills

## TAKE-HOME MATERIALS

*Stay Safe! Workbook*

Completion certificate



Sample Pages



**ALPHA LIFE TRAINERS**  
KNOWLEDGE SAVES LIFE

