

The British Red Cross:

The Power of Humanity!

What's it all about?

The 'Power of Humanity' is your natural reaction to pick someone up when they fall, or your instinct to be upset when you see someone suffering. This is your humanitarian nature in action and you can use it to change the world.

The British Red Cross mobilises the Power of Humanity when it responds to crises – whether it's a natural disaster affecting thousands of people or an emergency in the home that needs first aid treatment. We believe that everyone, everywhere, can do something to help in an emergency.

Through the Power of Humanity programme you will learn all about different emergency situations and how the Red Cross responds to them. You will also develop new skills that will help you become a humanitarian citizen and, through your own actions, make a positive change in your own community.

The Power of Humanity is part of Girlguiding UK: Changing the World.



What do you need to do?

Getting started

There are eight separate activities – or modules – which are specially designed to help you learn all about emergencies while having fun at the same time. The first four modules include arts and crafts and role-play, as well as reporting, filming and discussions.

- > Module one: what is an emergency?
- > Module two: who responds to an emergency?
- > Module three: how we can change the world
- > Module four: being a humanitarian citizen

Once all these modules are completed, you will officially become a humanitarian citizen. You can plan your own awards ceremony. Also, if you think someone has made a significant humanitarian contribution you could nominate them for a British Red Cross Humanitarian Citizen Award.

Next steps

Once the first four modules are completed, there are another four optional modules for you to pick from. How many you choose to do – from just one to all of them – is entirely up to you, but each one provides an exciting chance to learn a valuable new skill.

- > Module five: support during international emergencies
- > Module six: how to save a life
- > Module seven: taking action
- > Module eight: teaching others

These extra modules feature hands-on activities where you'll be encouraged to try out new skills on each other – including massage, first aid, fundraising and peer education.

Why should you do it?

Passport to regional challenge events

Each participant gets a passport to track their progress through each module and, once you have completed five modules, you are eligible to attend an exciting event taking place next summer. You'll get an opportunity to take part in a 'real life' all-day emergency response workshop and receive actual training from British Red Cross experts, while also testing out your new emergency response skills.

You will meet our logistics team, who will show you how to set up a satellite navigation system and radio during an emergency; and our therapeutic care team, who will show you how to deliver massage to victims of disasters.

And all the while, you'll have to battle through a 'real life' emergency scenario, solving problems and putting your new-found skills into practice. It will be your own chance to mobilise the Power of Humanity and change the world!

Leaders' note for registering for challenge events

Advance registration for places at challenge events is essential. Application forms and further information about events are available from our website redcross.org.uk/powerofhumanity or www.girlguiding.org.uk/changingtheworld – 'Power of humanity' section.

- > There are up to 200 places at each regional event.
- > To attend, girls must have completed the four **core modules** and at least one **optional module**.
- > There is a £10 charge per girl.
- > There is no charge for Leaders accompanying groups.

Core modules

Module one: what is an emergency?

What emergency situations have you experienced? And what causes an emergency? This module gives you a chance to learn about emergencies of all sizes and find out exactly what happens in each of them. You will get to play emergency bingo, make quick-thinking decisions and role-play emergency situations.

Module two: who responds to an emergency?

Who do we call in an emergency, who can help us and what can we do to respond? This module inspires you to think of new ways to protect yourselves in an emergency and underlines the point that you are joining a community of humanitarian citizens. You will have an opportunity to play 'Guess who', make your own emergency cards and rise to the bin bag challenge.

Module three: how we can change the world.

What problems need to be solved in an emergency? Use the practical skills you already have to solve problems that can arise in emergencies. In this module, you will discover just how talented you are – and also get a chance to make cookies, design a refugee camp, interview Red Cross delegates and make very important, life-changing decisions.

Module four: being a humanitarian citizen.

What is a humanitarian citizen? How can **you** be one and how successful have you been in mobilising your Power of Humanity? This is the last of the core modules and, once you've finished it, you will be a humanitarian citizen. In this module, you'll predict the outcome of different emergency scenarios, get into the role of a news reporter, create a film, write a news article for your own newspaper and then put on your very own humanitarian citizen awards evening – just like the Oscars.

Keep an eye on our web pages for Power of Humanity news, challenge information, top tips and extra activities.

redcross.org.uk/powerofhumanity

Optional modules

Module five: support during international emergencies.

Now that you know how so many people's lives are affected by natural disasters, are you inspired to take action and make a difference? This module is your chance to directly contribute to the Red Cross' work to mobilise the power of humanity. We'll provide some hints and tips for putting on fundraising events, ideas for Red Cross items you could buy and advice on how to go about organising a really exciting activity.

Module six: how to save a life.

Have you ever saved someone's life? And would you know how to? This module teaches the basic first aid skills that could make all the difference in an emergency. Working in pairs, you will practise life-saving techniques, identify potential health hazards and learn how to protect yourself and your home by making safety plans for each.

Module seven: taking action.

Do you want to learn a new skill that would enable you to help in an emergency? The British Red Cross' therapeutic care service – which involves giving gentle massage to the arms, back and shoulders – is used to provide calming relief to people who are distressed or anxious. With just a little training, you'll be equipped to bring soothing relief to people caught up in a crisis.

Module eight: teaching others.

Would you like to share all that you've learned? Do you want to try your hand at being the teacher and learn some useful presentation skills? This module gives you the chance to deliver activities and learning to your peers. Tell them all about the Red Cross' work and how they too can be a humanitarian citizen – just like you!

Leaders' note

Don't forget to tell Girlguiding UK that you are participating in the British Red Cross 'Power of Humanity' project by registering at www.girlguiding.org.uk/changingtheworld/tellus