

Module one: what is an emergency?

Linking local and global emergencies

Our volunteers in the UK and abroad are changing the world by helping people in crisis, whoever and wherever they are. You can help us change the world through the Power of Humanity project by completing the first four modules and becoming a humanitarian citizen! The Red Cross is doing all kinds of amazing things with lots of different people across the world and we want you to become a part of an organisation that is changing the world!

The first thing you need to do to be a humanitarian citizen is to:

Recognise what an emergency is and what happens in an emergency



Introducing the Power of Humanity

The Power of Humanity programme forms part of the Girlguiding UK: Changing the World project. The British Red Cross is working together with Girlguiding UK to demonstrate how everyone can contribute to changing the world.

The objective of the Power of Humanity project is to mobilise people to become humanitarian citizens – people who are prepared to help others, able and willing to respond in an emergency. If everyone was a humanitarian citizen then we would be more able to cope when disasters strike. The Red Cross works alongside communities in the UK and across the world to help them prepare and recover from emergencies.

To take part in this project, all you have to do is download the four core learning modules and complete the activities; you can record your progress on your downloadable passport. When you have completed the core modules, you can celebrate with your very own award ceremony. You can then go on to choose from four further optional modules, which involve hands-on activities that enable you to act as a humanitarian citizen and show how you can do something practical to change the world.

By completing the first four modules and one optional module you will be eligible to register for one of our exciting regional events: a 'real life' emergency response workshop designed to help you demonstrate and explore your new-found humanitarianism with Red Cross employees and volunteers. Find out what they do and experience a day in their life!

See our website to register for the regional challenge events:
redcross.org.uk/powerofhumanity

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

When you have finished the project you will be a humanitarian citizen and you will be able to change the world every day by your actions, which could include:

- > saving lives through first aid
- > providing therapeutic care
- > fundraising
- > providing peer education.

Welcome to the Power of Humanity project, which is the British Red Cross' partnership with Girlguiding UK: Changing the World. This first module gives you a chance to learn about emergencies of all sizes and find out exactly what happens in each of them.



Activity one: whole group

15 minutes

Emergency bingo

1. Hand out a copy of emergency bingo sheet on page 3 to each group member.
2. Each young person then needs to find as many people as possible in the group who fits one or more of the listed criteria.
3. If a player manages to fill every box, they shout 'emergency bingo!'
4. After five minutes, the player who has gathered the most names is the winner.



Activity one: emergency bingo sheet

Someone in my family works for the emergency services:	I have practised a fire drill:	I have lost my keys and been locked out of the house:	My school raised money for the tsunami:
I know what the Red Cross does:	I have been helped by the police:	I know where the first aid kit is at our meeting place:	I know someone who carries an inhaler in case of an asthma attack:
I think I could help in some emergencies:	I know basic first aid:	I have helped save a life by giving first aid:	I have fundraised for a charity that responds in emergencies:
I know the phone number for the emergency services:	I have rung 999:	I could describe what an earthquake feels like:	I know what causes a landslide:

Activity two: in small groups

5 minutes

What should you take in an emergency?

When a devastating disaster occurs, such as an earthquake or tsunami, the Red Cross has an emergency response unit (ERU) which can travel out to the disaster zone. The ERU takes provisions and equipment to provide food, water, shelter and medical help for survivors. ERU team members also take a few personal items to help them during quiet moments throughout their stay. If you were leaving home for a disaster zone and didn't know when you would be returning, which items would you take? You only have two minutes to choose just three things.

Radio 	Writing materials 	Laptop 	MP3 player 	Backpack 	Make up 
Television 	Sports equipment 	Mobile phone 	School books 	Pets 	Photographs 

Activity three: in groups

15 minutes

“Who are you going to call?”

The Red Cross provides support and emergency relief to communities in crisis across the world. As the world’s largest humanitarian organisation, we are constantly changing the world by offering help to anyone who needs it. That is what it means to be a humanitarian citizen!

Role-play

1. In this activity, one member will play a Red Cross volunteer and the other five members will each play a ‘person in crisis’ character (see list below). Each member needs a character card.
2. Each of the five characters will introduce themselves to the group, then take turns trying to persuade the Red Cross volunteer to help them. The Red Cross volunteer is only able to help one person.
3. You’ll find that a bit of imagination and a willingness to try out your acting skills will really help with this activity. If your Leader has some props to help you get into your role, use these as well. Think about giving yourself the following:
 - > A name
 - > An age
 - > Brothers, sisters, family, friends
 - > A home and an area in which you live
 - > A good, persuasive argument to win over the Red Cross volunteer
4. Once each character has made their case, you should decide as a group who the Red Cross volunteer should help.



Activity three: role-play characters to cut out

Red Cross volunteer

You are fully trained to help individual people and communities in crisis.

You provide access to food and shelter following disasters and emergencies, give first aid treatment, search for lost families and help refugees to get settled if they are new to the country.

You can also provide help at home, medical equipment and transport assistance to people who need care during difficult times in their life.

The Red Cross provides lots of different types of help for all kinds of crises and emergencies, including:

1. International tracing and message service (helps to find and re-establish contact between separated family members)
2. Refugee services (provides advice, care and support to vulnerable migrants or refugees/asylum seekers coming into the UK)
3. Health and social care (provides care in the home, medical equipment, transport assistance, therapeutic care and help with covering visible skin conditions)
4. First aid (trains thousands of people each year in life-saving skills and provides first aid cover at public events such as football matches and festivals)
5. Emergency planning and response (helps members of the public and supports the emergency services following incidents such as floods, fires and road accidents)
6. Fire and emergency support (provides emotional support, shelter and practical advice to people at the scene of a fire)



Photo © Jonathan Banks/BRC

Character one

You are an elderly person living on your own and you haven't been feeling very well.

You burnt your hand on the oven this morning and had to go to hospital so you haven't been able to go out and play bingo with your friends.

You are also feeling a bit lonely and sad because your cat died last week. You need someone to take you to the supermarket, help you with your shopping and keep you company.



Photo © Jonathan Banks/BRC

Activity three role-play characters to cut out:**Character two**

You live close to a river and the rain has been pouring for two weeks.

The river has flooded your home, destroying all your furniture and kitchen goods.

The rising water has blocked the doors and you are trapped upstairs in your home without any light or heating. You need someone to rescue you from the water.



Photo © Layton Thompson/BBC

Character three

You live in a country at war.

While listening to the radio at home this morning, you heard that your town will soon be invaded and attacked.

Lots of people have already fled in their cars and driven to family or friends in neighbouring towns, but you do not have a car or any family nearby. You need to be somewhere safe and sheltered.



Photo © BBC

Character four

Your house caught fire in the middle of a cold and wet night.

You escaped safely but now you are cold, scared and worried about what to do next.

You need some comfort, shelter and practical advice.



Photo © Alex Maguire/BBC

Character five

You are an asylum seeker who escaped to the UK, leaving your family behind.

You have lost touch with your family and don't know where they are.

You miss your loved ones terribly but don't speak any English and desperately need help to get back in touch.



Photo © Paolo Pellegrini/ORB



Photo © Paolo Pellegrini/CRIC

Making a decision

As a group, you will probably find it quite a challenge deciding which character the Red Cross volunteer should help. The following points might help you to reach a decision:

- > Who, in your opinion, is involved in the most serious crisis?
- > How do you judge the importance of each crisis?
- > Who else might be able to help these characters if the Red Cross wasn't able to?
- > What will happen to the person if you don't help?
- > How might the Red Cross work with people in these situations so that, in future, they may be better prepared to help themselves?

Possible next steps

- > Use role-play to act out each emergency scenario
- > Write a play
- > Turn your discussion into a storyboard
- > Create a cartoon strip
- > Show your play, storyboard or cartoon to others, telling them about your various crises and how you responded.

Take it further:

Why not try out some of these ideas?

- > Take a look at the British Red Cross website redcross.org.uk, and find out what services the Red Cross offers in your area by clicking on the In the UK/Near you option then typing in your post code.
- > Look out for opportunities to put your own skills into practice in an emergency situation.
- > Tell your friends or family about what you have learnt.

Extension activity one

Rate your emergency

Each person will need: one emergency bingo activity card (from Activity one) and three coloured pencils (green, yellow and red).

Look back at the emergency bingo activity and, using the three coloured pencils, shade them in according to the level of emergency:

Green – small-scale emergency

Yellow – medium-scale emergency

Red – major emergency

Remember, it doesn't matter whether you are wrong or right. This exercise is all about making your own judgement.

Leaders' notes for discussion

Compare your ratings with other group members and discuss why you chose to allocate them in that particular way. Explore how you made your decisions, what factors you took into consideration etc.

1. Can you think of an example emergency for each rating?
2. Can you remember which services are provided by the Red Cross to respond to each level of emergency? (Look at the previous section about the Red Cross volunteer to help you).

**Personal,
small-scale
emergency that
is easily solved
and doesn't
risk lives**

**Medium-scale,
local emergency
that damages
property and
risks lives but
doesn't cause
devastation**

**Large-scale
international
emergency affecting
large numbers
of people
and needing
external help**

Extension activity two

The disaster web

Using newspapers or a news website, find information about a major disaster that has featured in the press recently. (Sadly, there will be no shortage of choice, since major catastrophes – such as famines, wars, floods, earthquakes and cyclones – happen regularly across the world.)

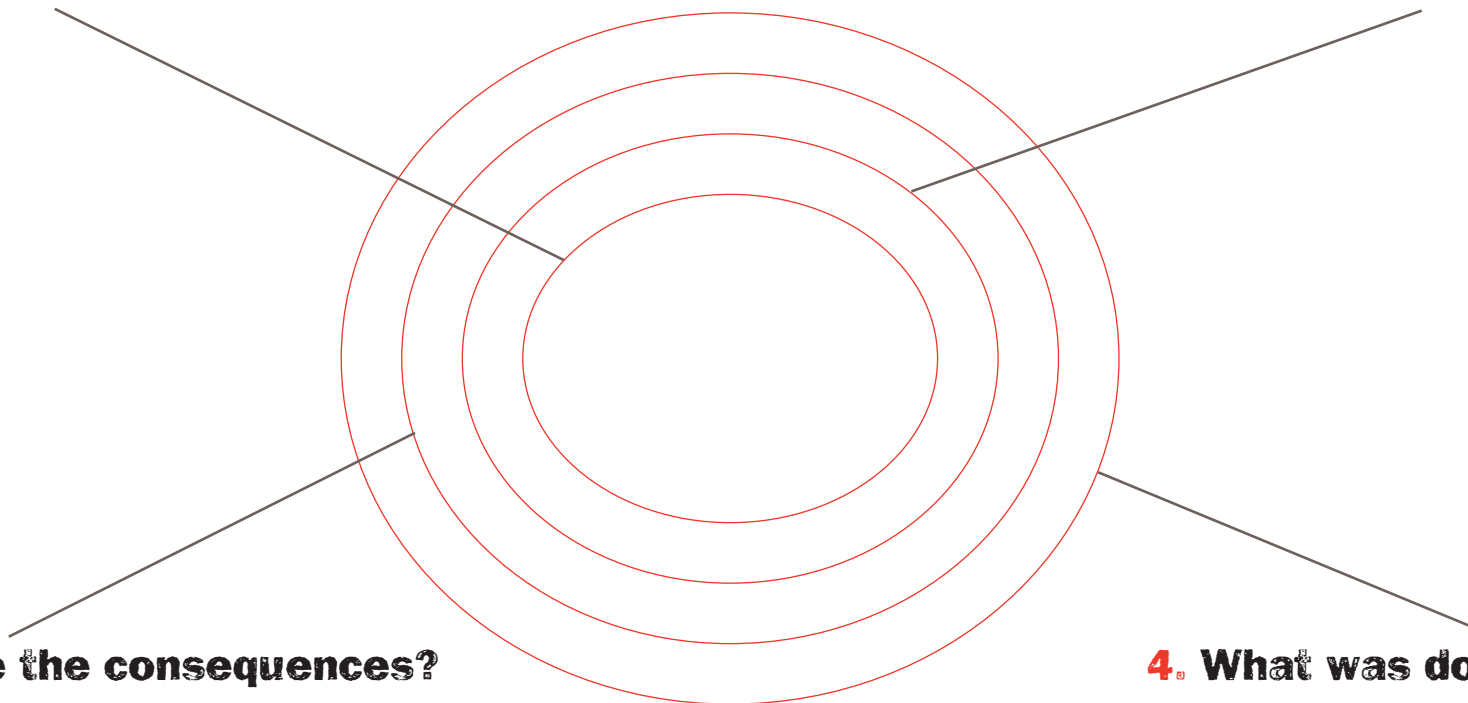
1. Read aloud all the information you have gathered on your chosen disaster.
2. Once you have done this, split into four groups. Each group should complete one ring of the disaster web. You could then draw this up on a big sheet of paper.

1. What is the disaster?

2. What caused the disaster?

3. What were the consequences?

4. What was done about it?



completed!

Module one: what is an emergency?

Now that you have completed module one, you should understand more about what happens in local, national and global emergencies.

You are one step closer to changing the world.

By completing the next three modules, you will have the knowledge and understanding that you need to do something positive to change the lives of people affected by emergencies. Only four more modules and you can register for one of our regional events!