

# Module four: being a humanitarian citizen

What a humanitarian citizen is and how to become one

The Red Cross is a humanitarian organisation, which means it reaches out to people who are vulnerable to crisis or need help. It tries to change the world for the better through saving lives, comforting people who have encountered tragedies and providing equipment to help cope with crisis situations.

You can help change the world by becoming a humanitarian citizen – someone who cares about other people's situations, their health and wellbeing – and tries to do something to ease their suffering.

**Are you a humanitarian citizen?**



# 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](http://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](http://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.

**This is the last of the four compulsory modules and your final step in becoming someone who can change the world. Once you have completed module four, you are ready to be a humanitarian citizen. You should then be able to say 'I am willing and know how to help in an emergency'.**

# Activity one: individually

15 minutes

## What would a humanitarian citizen do?

**What would a humanitarian citizen do in each of the following situations? For each crisis, draw or describe what a young person like you could do to be a humanitarian citizen.**

### Leaders' discussion notes

A humanitarian citizen is someone who takes action to help prevent or ease suffering. This can mean doing whatever they can personally, but might also require them to find someone else who can help – for example, by calling the emergency services. Groups can role-play the situations instead of drawing or writing their responses. Each group can be given a different scenario.

Scenario 1			What would you do?
A boy is cycling along the road, listening to his MP3 player.	He comes to a red light and doesn't stop; a car sounds its horn but he doesn't hear it.	The car knocks him off his bike. A girl is nearby and sees the accident.	

  

Scenario 2			What would you do?
A newsreader on TV is telling viewers about an earthquake.	A girl watching the news worries about how prepared she would be if the same thing happened to her.	The next day at school, the head teacher asks for volunteers to design a school emergency plan.	

  

Scenario 3			What would you do?
On a snowy winter day, a girl is walking along the street to school.	She sees an old lady outside her house, struggling with shopping.	The old lady has no gloves or scarf and is shivering.	

# Activity one: in groups

45 minutes

## Humanitarian reporters

**The Red Cross can only continue to change the world for the better if people hear about our work and are inspired to support us. Imagine you and your group are news reporters. You are going to produce a ten minute news broadcast and an article for your local newspaper about a humanitarian activity by young people. Below are some ideas to help you get started. (You can also listen on our website to the radio broadcast that another group produced in summer 2007 about the floods in the UK.)**

### Roles

1

A researcher to create a suitable scenario.

2

Two or three actors to recreate the humanitarian act.

3

A newsreader to read the story.

4

A journalist to write the newspaper article.

### Leaders' discussion notes

Ask your girls to consider how the Red Cross could make more people aware of their work. Had they heard of the Red Cross before? How could they raise awareness of emergencies themselves and how could they support the Red Cross' work? Also, talk about what emergencies are in the news at present – what could your troop do to help, and what is the Red Cross doing to respond to these crises?

NB This could be extended and be a good activity for camp.



## Humanitarian acts to report on

- > You can go to the Red Cross website ([redcross.org.uk](http://redcross.org.uk)) and look at the humanitarian citizen awards to see what other young people have done.
- > You can create your own humanitarian act, and report on what you think will happen.

### Examples include:

- > A group of young people each bake a cake and organise a cake sale in their street, selling them to raise money for Red Cross Appeal Week.
- > A young person delivers life-saving first aid when their friend has an asthma attack in the local park.
- > A group of Guides go into their local primary schools to deliver 'mini-lessons' to younger children, telling them about the work of the Red Cross and how people across the world are affected by emergencies.

## Helpful hints for reports and articles

- > Have a main character as the humanitarian citizen and make them 'real' by giving them a name and background.
- > Decide the type of crisis – it could be a natural disaster, war, car accident or outbreak of disease.
- > Where does the humanitarian act take place (in the street, at home, at school, on holiday)?
- > When does it happen – day or night?
- > Decide what the humanitarian act will be. Will other people be involved? In what way will people be suffering and how will your character ease that suffering?

## Taking things further

- > Record your radio or news report on a mobile phone and send it to us at **[powerofhumanity@redcross.org.uk](mailto:powerofhumanity@redcross.org.uk)**
- > Put all your newspaper articles together into a newspaper format, give it a title (such as 'The Guiding Post' or 'Daily Humanitarian'). Ask your Leader to photocopy it so you can each take a copy home – and send one to us.  
**Power of Humanity,  
Schools and community education,  
British Red Cross,  
44 Moorfields,  
London EC2 9AL**
- > You could even video your news reports, play them back and interview each other to discover how people reacted to the story.

Photo © BRC



# Activity one: whole group

15 minutes

## Organise an awards ceremony!

Use these 15 minutes to plan your next meeting, because it could be a great one. If the group, or members of it, have acted as humanitarian citizens in any way, putting these skills they have learned into action, it is time to recognise that achievement by having an awards ceremony.

### Order of events

1. Who will be your host? Where will you be hosting the ceremony?
2. Are you having music? What type of songs might be appropriate?
3. Will you provide refreshments? If so, what kind of food, who will bring and serve it, and when?
4. What humanitarian acts are you celebrating? Can you show video clips of their actions, do interviews or re-enact events?
5. How many awards are you planning to give out? Maybe design your own award certificate or use the one on page 6.
6. Can you get prizes? What prizes might be appropriate?
7. Can someone take photographs?
8. Can you contact the local press to tell them what you have achieved and perhaps invite them to come and take photos?



Photo © BRC

Nominate each other for the

**Red Cross**

**Humanitarian Citizen Award**

Someone who has undertaken humanitarian action can be officially recognised by the Red Cross.

Tell us about someone you know who has made a real impact on an individual or their community and why you think they should be nominated.

For more information on the Red Cross Humanitarian Citizen Award, email Robin Wells at: [rwells@redcross.org.uk](mailto:rwells@redcross.org.uk) or nominate someone for a Humanitarian Citizen Award at [redcross.org.uk/theaward](http://redcross.org.uk/theaward)

**completed!**

## **Module four: being a humanitarian citizen**

---

**Congratulations!**

**You are officially a humanitarian citizen and  
ready to take action to change the world.**

**Choose from any or all of the four optional modules and learn how to save a life, deliver therapeutic care, fundraise for an international emergency and educate your peers. So go ahead and start changing the world with the British Red Cross! Remember, you only have to do one more module and then you can register to take part in one of our regional events!**

# What next?

**Now you know what a humanitarian citizen would do and have discussed and thought about different humanitarian acts, it's time to think about what you want to do next. You've now completed the first four modules of the Power of Humanity project. Complete one more and you will be eligible to attend an exciting all-day event where you will be able to learn some emergency response skills – and have a go at practising them.**

**As a group, decide which of the following four modules you want to tackle next. Here's some information to help you decide which one you prefer.**

## **Module five: supporting international emergencies**

Learn the skills you need to plan, organise and stage an event that will help change the world by raising the much-needed financial help that allows the Red Cross to respond to emergencies.

## **Module six: how to save a life**

Learn some basic life-saving skills so you can help change the world by responding to emergencies.

## **Module seven: therapeutic care**

Learn some basic massage skills that can calm, reassure and relax people who are coping with a crisis.

## **Module eight: peer education**

Learn how to prepare and deliver information to other people. Get the confidence and skills you need to tell others how they, too, can change the world.