

Module four: **being a humanitarian citizen**

Guidance notes

Module aim: to encourage young people to be humanitarian citizens and want to take action to alleviate the suffering of others. They should know what they can do to be humanitarian citizens and gain recognition for their efforts.

Resources:

- > Paper, pencils, pens.
- > A cut-out of each crisis (start with one each and, if time allows, rotate so everyone can attempt all three).
- > Dressing up box.
- > Video phone/camcorder/voice recording equipment, if possible.
- > Flip chart/sugar paper and marker pens.

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Hints and tips:

- > Examples of different humanitarian citizens and what young people have done to get awards can be found on our website [redcross.org.uk/powerofhumanity](https://www.redcross.org.uk/powerofhumanity)
- > If the girls want to stage a large fundraising event, signpost them to module five, which has supporting material and resources to plan a fundraising event for the Red Cross.

Events:

- > An awards evening could be held after four modules have been completed, or wait until a later stage in the process.
- > Encourage the girls to be as creative as possible and they might want to invite family and friends to recognise their achievement. It is important to keep a record (pictures, examples or copies of their work) to show at the ceremony.

Useful information:

- > A humanitarian citizen is someone who contributes to the life of an individual or community by helping and supporting them – for example, by providing first aid, befriending the vulnerable, raising funds or increasing awareness of the importance of being a humanitarian citizen.
- > You can nominate your group/an individual for a Humanitarian Citizen Award on our website [redcross.org.uk/powerofhumanity](https://www.redcross.org.uk/powerofhumanity)

Try it this way:

- > In activity one, younger girls don't have to draw if they don't want to. If they wish, they can write out what the humanitarian citizen would do in various circumstances.
- > Activity two could run on for longer than one session if the girls want to record their news report or produce an article with pictures.

Adapting for a younger group:

- > Instead of using the phrase 'humanitarian citizen', ask the girls to think about what is the 'right' or 'good' or 'helpful' thing.
- > They can draw the face of the person in the scenario AFTER they have been helped, instead of drawing the scenario itself.
- > Ask the girls to create a diary or calendar and make a list of people, times and places where they could help someone in the next week or month.
- > Design a poster showing how important it is to help people who are upset/have problems.