

Dear Sixth Grade Teachers,

Rural Metro Fire Department is dedicated to providing health and emergency services as well as education for our community. We feel passionately that educating young people is imperative to saving lives and reducing preventable accidents through education.

We know that you are extremely busy with lesson plans that are filled with an abundance of standards that have to be taught and we want to help you teach them. We have developed a health and safety curriculum that is based on the Arizona State Standards, which meets many of the Sixth Grade requirements as well as the messages and lessons that we want to teach your students for their safety and well-being.

We know that the lessons that you will teach them, as well as the lessons that we have developed, could work together to teach our children life-saving concepts that they need to know, while teaching the standards that Arizona has developed.

We would like to schedule a time when a few representatives from our department, as well as members of the American Red Cross, would be able to come teach a training on First Aid/CPR/AED for Schools and the Community. We have also created a very valuable follow-up lesson for you to teach after we leave. Please contact us to schedule a convenient time for our lesson. We look forward to meeting you and your students.

Sincerely,

Public Education Officer  
Rural Metro Fire Department



The following is a list of the Arizona State Standards that will be taught through our lesson as well as the follow-up lesson.

#### Comprehensive Health Education

*Standard 3: Students demonstrate the ability to practice health-enhancing behaviors and reduce health risks*

**3CH-E3** Distinguish between responsible and risky/harmful behaviors.

PO 1. Identify between responsible and risky behavior

**3CH-E4** Develop injury prevention and management strategies for personal and family health including ways to avoid and reduce threatening situations

PO 2. Identify ways to avoid threatening situations

**3CH-E6** Perform basic safety, first aid and life saving techniques

PO 1. Apply basic first aid and basic life saving techniques



**Level:** *Sixth Grade*

**Lesson:** *First Aid, CPR and AED Training*

**Time:** *TBA when scheduled*

**Supplies:** *supplies will be provided by American Red Cross*

**Arizona State Standards that are taught:** *3CH-E6 PO1*

<b>Time:</b>	<b>Action:</b>	<b>Supplies:</b>
TBA	<p><b>American Red Cross will be hired to do the following training:</b></p> <p><b>First Aid/CPR/AED for Schools and the Community</b> This course combines lectures, demonstrations and video with hands-on training and practice. Participants in this course learn to recognize and respond to emergencies including shock, cardiac and breathing emergencies for adults, children and infants, heat and cold emergencies, sudden illnesses and poisonings. Additionally, participants will learn first aid for everything from cuts and scrapes to muscle, bone and joint injuries.</p>	



Dear Sixth Grade Parents,

Rural Metro Fire Department is dedicated to providing health and emergency services as well as education for our community. We feel passionately that educating young people is imperative to saving lives and reducing preventative accidents through education.

Your child's teacher has arranged for the American Red Cross, as well as Rural Metro to come into your child's class and teach some extremely important life-saving and accident prevention lessons. We wanted to keep you in the loop and give you some of the language and lessons that we will be teaching your child so that you can follow-up with them and reinforce these lessons in your home and in your life.

In conjunction with Rural/Metro, the American Red Cross will be training your child on the basics of CPR, AED and First Aid. This course combines lectures, demonstrations and video with hands-on training and practice. Participants in this course learn to recognize and respond to emergencies including shock, cardiac and breathing emergencies for adults, children and infants, heat and cold emergencies, sudden illnesses and poisonings. Additionally, participants will learn first aid for everything from cuts and scrapes to muscle, bone and joint injuries.

In addition to the training by the American Red Cross, your child's teacher will be teaching a lesson on identifying risky, as opposed to responsible behavior, and ways to avoid dangerous situations that those behaviors can create. This is a very important lesson for young people to learn and can reduce the necessity for utilizing the training that they will acquire through this program. Reinforcing this lesson at home is a great way to tie this lesson to your child's real-life situations.

Rural Metro Fire Department is committed to safety and education and we are delighted to work with your child and to give him/her some life-saving and accident-prevention tools to keep them healthy and safe. We hope that you find these lessons valuable, and if you have any questions, please feel free to contact us.

Sincerely,

Public Education Officer  
Rural Metro Fire Department



**Level:** *Sixth Grade Teacher Follow-Up*

**Lesson:** *American Red Cross training review, Discussion of Risky Behavior and Ways to Avoid Threatening Situations.*

**Time:** *90 minutes (Option: split the quiz and the group activity into 2 sessions)*

**Supplies:** *Quiz (1 per student), Quiz Answers (1 for teacher), Discussion Situations (1 for each group)*

**Arizona State Standards that are taught:** *3CH-E3PO1, 3CH-E4 PO2, 3CH-E6 PO1*

<b>Time:</b>	<b>Action:</b>	<b>Supplies:</b>
<b>5 min.</b>	<b>Introduction:</b> Remind students of the training that the American Red Cross and Rural Metro taught. Today will be a follow-up to that training.	
<b>10 min.</b>	<b>Assessment of Prior Knowledge:</b> The Quiz will assess retention of the information taught in the training. Pass out the quiz and have students complete individually.	<b>Quiz (1 per student)</b>
<b>25 min.</b>	<b>Review:</b> Using the Teacher’s Quiz Answers, review the correct answers along with the reasoning for those answers (given on the Quiz Answers). Take your time and allow for discussion.	<b>Quiz Answers (1 for teacher)</b>
<b>25 min.</b>	<b>Groups:</b> Split the class into groups of 4. Have the group assign a secretary who will write down the group answer. You will read a Discussion Situation and the groups will have 4 minute to discuss and come up with a 3 part answer: <b>1. Identify whether the behavior in this situation was risky or responsible.</b> (Remind the students that even responsible behavior can result in accidents sometimes.) <b>2: How this situation could be avoided.</b> <b>3: What the best first aid reaction would be.</b> Stop the groups after each 4 minute answering session and read the next situation with them.	<b>Discussion Situations (1 per group)</b>
<b>30 min.</b>	<b>Follow-up:</b> Each group will give their answers, allow for discussion as answers will vary. Talk about any responses that are particularly good and ones that could have potential dangers.	



Names: \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_

### Discussion Situations:

1. You and your brother have decided to make Top Ramen soup for an after school snack. Your mom and dad are not home from work yet. The microwave beeps and your brother goes to the microwave to pull out the bowl. When he pulls it out, your dog bumps him and the scalding hot water spills all down the front of his chest and stomach.

1. Was the behavior in this situation risky or responsible? (Circle one)

**risky responsible**

2. How could this situation have been avoided? \_\_\_\_\_

\_\_\_\_\_

3. What would be the best first aid reaction? \_\_\_\_\_

\_\_\_\_\_

2. You and your friend are riding your bikes around the neighborhood and your friend hits some sand on the sidewalk and his bike slips out from underneath him. He hits his head on the curb and is not moving. He is bleeding pretty badly from his head.

1. Was the behavior in this situation risky or responsible? (Circle one)

**risky responsible**

2. How could this situation have been avoided? \_\_\_\_\_

\_\_\_\_\_

3. What would be the best first aid reaction? \_\_\_\_\_

\_\_\_\_\_

3. You're at your aunt's house and she is putting away the Christmas decorations. She is standing on a step stool to reach the top shelf. You hear a cracking noise and suddenly the step stool cracks in half and your aunt falls to the ground. A box falls on top of her. You rush to her, but when you tap her, you get no response from her. She is not breathing.

1. Was the behavior in this situation risky or responsible? (Circle one)

**risky responsible**

2. How could this situation have been avoided? \_\_\_\_\_  
\_\_\_\_\_

3. What would be the best first aid reaction? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. Your grandma gave you a Lego set for your birthday. You usually put it away so that your baby sister doesn't get it and choke on the tiny pieces, but today, while you were playing with it, your mom called your name and said that your friend Sam was on the phone for you. You rush to the phone and talk to Sam. When you return to your room, you realize that you forgot to shut the door and now your baby sister has gotten into the Legos and has one in her mouth. She is coughing, and struggling to breathe.

1. Was the behavior in this situation risky or responsible? (Circle one)  
**risky responsible**

2. How could this situation have been avoided? \_\_\_\_\_  
\_\_\_\_\_

3. What would be the best first aid reaction? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. It is a very hot day in July and your family has all gotten together for a barbeque. You and all of your cousins are playing tag. You see one of your cousins starting to sweat a lot and looking pale. When you ask her if she is okay, she says that she is feeling dizzy.

1. Was the behavior in this situation risky or responsible? (Circle one)  
**risky responsible**

2. How could this situation have been avoided? \_\_\_\_\_  
\_\_\_\_\_

3. What would be the best first aid reaction? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_