



# Ready for Life

Preparing young people for the future

A programme for young people including first aid skills and  
mental health awareness



## **St Andrew's First Aid is excited to roll out a programme dedicated to young people across Scotland.**

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It is aligned to the Curriculum for Excellence and will encourage participants through practical experiences and learning modules to become successful learners, confident individuals, responsible citizens and effective contributors.

The Emergency First Aid at Work qualification illustrates responsibility, citizenship, confidence and capability and will be a useful addition to a CV, improving employability opportunities and life chances.

We believe the First Aid for Mental Health Awareness course is an essential qualification for young people in these unprecedented times. Young people have suffered more than most since the global pandemic. They have been at times isolated from friends and activities, felt pressures from social media and endured gaps in their education through lockdown. This qualification will give attendees an understanding of mental health, how to identify potential problems and most importantly signpost how best to help themselves and others.

St Andrew's First Aid was founded 140 years ago to assist Scottish communities at their time of need. Being able to help someone else through practical first aid or being able to identify and understand common mental health issues absolutely contributes towards the four capacities of the Curriculum for Excellence. We know from our vast experience in working with young volunteers that this new course will encourage self-belief, promote good character and confidence as well as being a rewarding and enjoyable experience – encouraging them to be Ready for Life.

# About Ready for Life

St Andrew's First Aid has developed the Ready for Life course with young people in mind. We want to help give young people the skills they need for their future.

The Ready for Life course provides each young person with two certificates, one in Emergency First Aid at Work and the other in First Aid for Mental Health Awareness. Both certificates are valid for three years after taking the course, and can be listed on young people's attainment records. Having these skills can not only be life-saving in the community, it can increase employability of young people entering the workforce.

## Framework Alignments

All training supports the following:

- The National Performance Framework, Scotland
- The Local Authority Plan
- Career Education Standard 3 - 18
- GIRFEC
- Curriculum for Excellence and the Four Capacities

More information can be found on pages 4 & 5.

**Please note that the course is suitable for young people 15 years of age and over.**



# Experiences and outcomes

When developing this course, St Andrew's First Aid used the Getting It Right For Every Child Approach, developed by The Scottish Government. At home, school and within the wider community, every young person should be:

- Safe
- Healthy
- Achieving
- Nurtured
- Active
- Respected
- Responsible
- Included

To be included in a safe environment.

## 01 SAFE

I understand that there are people I can talk to and that there are a number of ways in which I can gain access to practical and emotional support to help me and others in a range of circumstances. **HWB 3-03a/ HWB 4-03A**  
I know I can demonstrate how to keep myself and others safe and how to respond in a range of emergency situations. **HWB 3-17a/ HWB 3-17a/ HWB 4-17a**

Train-physical/ mental health in both subjects.

## 02 HEALTHY

I am aware of and able to express my feelings and am developing the ability to talk about them. **HWB 3-01a/ HWB 4-01a** I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health. **HWB 3-15a/ HWB 4-15a** I know how to access information and support for substance-related issues. **HWB 3-40b/ HWB 4-40b**

Practical exercises through group work, encouraging healthy development and growth.

## 05 ACTIVE

I value the opportunities I am given to make friends and be a part of a group in a range of situations. **HWB 3-14a/ HWB 4-14a** I can independently select ideas and relevant information for different purposes, organise essential information or ideas and any supporting detail in a logical order, and use suitable vocabulary to communicate effectively with my audience. **LIT 3-06a/ LIT 4-06a**

Included/ involved, be listened to.

## 06 RESPECTED

Representing my class, school and/or wider community encourages my self-worth and confidence and allows me to contribute to and participate in society. **HWB 3-12a/ HWB 4-12a**

All modules of the Ready for Life course have been designed to meet these indicators. You can view the table below to see how each of these indicators are met as well as the experience and outcome of each.

**Supported/  
monitored/  
assessed/transferable  
skills.**

## 03 ACHIEVING

I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships. I know that it is not always possible to enjoy good mental health and that if this happens there is support available. **HWB 3-06a/ HWB 4-06a** I am investigating different careers/occupations, ways of working, learning and training paths. I am gaining experience that helps me recognise the relevance of my learning, skills and interests to my future. **HWB 3-20a/ HWB 4-20a**

**Good  
citizens/  
effective  
contributors.**

## 04 NURTURED

I am learning to assess and manage risk, to protect myself and others, and to reduce the potential for harm where possible. **HWB 3-16a/ HWB 4-16a**

**Opportunities  
to learn and  
embrace new strategies  
for coping and contributing  
to their schools and  
communities.**

## 07 RESPONSIBLE

Through contributing my views, time and talents, I play a part in bringing about positive change in my school and wider community. **HWB HWB 3-13a/ HWB 4-13a** I understand the positive effects that some substances can have on the mind and body but I am also aware of the negative and serious physical, mental, emotional, social and legal consequences of the misuse of substances. **HWB-3-38a/ HWB 4-38a**

**Encouraged  
to share opinions,  
stories and views.  
Being able to participate  
comfortably without  
judgement or reprimand.**

## 08 INCLUDED

As I listen or watch, I can make notes and organise these to develop thinking, and help retain and recall information, explore issues and create new texts, using my own words as appropriate. **LIT 3-05a/LIT 4-05a**

# Course syllabus



The Ready for Life course takes place over a period of 12 hours and can be adapted to your timetable; 6 hours is allocated to first aid and 6 hours to mental health awareness. Each person attending the course will receive a First Aid Manual, Training pack, and First Aid for Mental Health manual. Many elements of the course have been specifically selected to meet the Curriculum for Excellence guidelines.

**These courses are certified and are valid for 3 years.  
With the option of annual refreshers.**

## Emergency First Aid at Work (SCQF level 6)

- **Legislation** - management of health and safety
- **Incident and casualty management** - keeping safe and action plan
- **Primary and secondary survey** - head to toe and recovery position
- **Breathing disorders** - choking, anaphylactic shock and asthma
- **CPR** - cardiopulmonary resuscitation, chain of survival and use of a defibrillator
- **Circulatory shock** - recognition and treatment
- **Basic wounds and bleeding** - types and recognition and treatment

## First Aid for Mental Health Awareness (SCQF level 4)

- **How to recognise and assist with mental health conditions** - be able to recognise how to identify signs and symptoms of mental illness and be confident to start supportive conversations.
- **Understand stigma** – discuss negative stigma and how to build more supportive and inclusive environments.
- **Signposting for support** – knowing where and when to refer people for further help and advice.

## Case Study

One of the young people who participated in the course was sitting two levels behind her peers in her attainment towards her academic subjects. She came from a care-experienced background and had several mental health conditions, including anxiety. She was initially very anxious about participating in this course. It was expected that she would leave school with no qualifications beyond a National 3 level.

This young person was used to failure and not achieving things in her life. The accessible format and delivery of the training helped her anxiety ease and to fully engage in the training being provided. The equitable and accessible nature of the course and qualifications enabled her to better believe in her own abilities upon completion.

This young person was able to successfully achieve both qualifications, at SCQF levels 4 and 6, and both they and the school were delighted that she had been enabled to achieve a formal qualification. Achieving these certificates has led to a massive improvement in the young person's confidence and self-worth. She was delighted that she not only passed but gained full marks on the assessment for the qualifications.

She is now considering options for her future which she had previously thought she could not do. She is keen to put herself forward for volunteering roles and work experience. She has had improved self confidence to believe she can apply for further training in a career in childcare, and is looking to a future that she previously believed she could not achieve. Her new qualifications are supporting her applications.

For this young person the school staff are grateful that she had the opportunity to access training she would not otherwise have accessed or achieved. The overall impact on her personal confidence, mental health, and vision for her future have been transformative.

*From: Pupil Support Staff for additional support needs individuals.*



**Together we can save lives.**





## Together we can save lives

For further information on bringing Ready for Life courses into your school, please contact Naomi Sutton on [naomi.sutton@firstaid.org.uk](mailto:naomi.sutton@firstaid.org.uk) or 0141 378 2605.



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