School assembly pack

About 10 minutes | Suitable for primary and secondary | Ideal around Restart a Heart Day (16 October)

Before you begin. This pack introduces why practical first aid matters. It deliberately contains no CPR or first aid instructions. Please do not add demonstrations unless delivered by a qualified trainer. Adapt the language to your pupils' age and check the facts against the sources named below before presenting.

1. Introduction (1 minute)

Aim: Welcome pupils, say who is presenting and explain that this assembly is about a skill that helps people look after each other.

> *"Good morning everyone. Today is about something that could one day matter to any of us: knowing what to do when someone needs urgent help."*
>
> *"Think for a moment: if someone near you suddenly became very ill or badly hurt, would you know what to do first?"*

Slide idea: campaign title slide with the logo. Keep this moment light and calm.

2. Why first aid matters (2 minutes)

Aim: First aid is a life skill, from everyday injuries to serious emergencies. Emphasise confidence, staying calm and getting help.

> *"Accidents and sudden illness happen at home, at school and out in the community. Often the first people there are not doctors or paramedics. They are the people nearby."*
>
> *"In England, first aid is already part of the health education curriculum. Today is about why it matters and why it is worth doing well."*

Teacher note: link to your school's own first aid arrangements, such as who the first aiders are and where help can be found.

3. Why early CPR and emergency help matter (2 minutes)

Aim: Introduce cardiac arrest at a level suitable for your audience, using the verified figures below. Do not demonstrate or describe techniques.

> *"The British Heart Foundation says around 40,000 people in the UK have a cardiac arrest outside hospital each year, and fewer than 1 in 10 survive."*
>
> *"About 8 in 10 happen at home. Early CPR and defibrillation can more than double the chance of survival. The first step in any emergency is always to get help: call 999 and tell an adult."*

Source: British Heart Foundation, Restart a Heart Day page (bhf.org.uk/how-you-can-help/how-to-save-a-life/restart-a-heart-day). Check the page for the latest figures before presenting. Be sensitive: some pupils may have personal experience of cardiac arrest or bereavement.

4. Learning through supervised training (2 minutes)

Aim: Explain that real skills are learnt through practical, supervised sessions with qualified trainers, not from an assembly or a video alone.

> *"Reading about first aid is a start. Learning it properly means practising with a qualified trainer, using the right equipment, with someone checking you are doing it safely."*
>
> *"There are free ways to begin, such as the British Heart Foundation's RevivR, the British Red Cross and St John Ambulance. Always do practical training with an adult and a qualified provider."*

Please do not ask pupils to practise on each other or on staff. Use qualified trainers and appropriate educational resources. Links are on the campaign website, Free training page.

5. Introducing the campaign (1 minute)

Aim: Introduce Learn It. Save a Life. honestly: an independent youth-led campaign, not a training provider.

> *"Learn It. Save a Life. was started by Harrison Foster, who is 15 and from Hull. He holds a First Aid at Work qualification and believes every young person should have the chance to learn lifesaving skills."*

> *"The campaign is not saying schools do not teach first aid. It asks whether every pupil gets consistent, practical and well-resourced opportunities to learn."*

The campaign is independent and not run or endorsed by the Army Cadets or any other organisation.

6. School-wide call to action (2 minutes)

Aim: Give pupils and staff one small, realistic thing each to do.

> *"Pupils: talk to a parent or carer about how to call 999. Try a free online course together, and ask your teacher what first aid you will learn this year."*

> *"Staff and leaders: look at how practical first aid and CPR are taught, and whether a qualified trainer could help."*

> *"Parents: if you would like to ask the school about this, there is a free letter on the campaign website."*

Restart a Heart Day takes place on and around 16 October each year and is led by Resuscitation Council UK. It is a natural moment for this assembly. Check resus.org.uk for current-year details.

Follow-up ideas

Tutor-time questions: Who would you call in an emergency, and what would you say? Where is the nearest defibrillator (AED) in our school? How could our school make sure everyone gets practical first aid training?

Free starting points (external websites, not affiliated with this campaign): bhf.org.uk/revivr | redcross.org.uk/first-aid | sja.org.uk | resus.org.uk

Contact: harryf0ster@outlook.com | learn-it-save-a-life.co.uk. This campaign is independent, is not a training provider and does not offer accredited qualifications.