

Heat Resilience for Youth

Duration	4 hours
Course Modules	<ol style="list-style-type: none">1. Understand how Singapore's tropical climate affects body temperature and well-being, especially during outdoor activities.2. Recognize the signs and symptoms of heat-related conditions such as heat exhaustion, dehydration, and heat stroke.3. Adopt healthy daily practices to manage heat, such as staying hydrated, wearing appropriate clothing, and avoiding outdoor activities during peak heat hours.4. Use personal and household cooling strategies effectively and responsibly, including the proper and energy-efficient use of fans and air-conditioners.5. Learn the environmental impact of excessive energy use for cooling and explore sustainable alternatives (e.g. natural ventilation, green spaces).6. Demonstrate first-aid knowledge for heat-related emergencies to help peers or family members in need.7. Promote heat awareness and healthy cooling habits among peers, using digital tools, school projects, or community outreach.
Language	English
Certification	A Certificate will be issued upon completion of the course
Methodology	<ul style="list-style-type: none">• Discussion• Scenarios
Course information	Participants will define heat stress. Be able to stay safe and healthy during high temperatures or heat waves. While children and adolescents are generally active and healthy, they are more vulnerable to heat-related illnesses because their bodies are less efficient at regulating temperature and they may not recognize early signs of heat stress.