



# SINGAPORE RED CROSS SOCIETY

INCORPORATED BY ACT OF PARLIAMENT SINGAPORE RED CROSS SOCIETY (INCORPORATION) ACT (CHAPTER 304)  
PATRON - HER EXCELLENCY THE PRESIDENT OF SINGAPORE

<b>CENTRE FOR PSYCHOSOCIAL SUPPORT</b>	
<b>Psychological First Aid (PFA) for Children &amp; Youth</b>	
<b>Course Duration</b>	6.5 hours (Inclusive of one 60 min lunch break and two 15 min break)
<b>Mode of Training /Language</b>	Available face-to-face and online in English.
<b>Learning Outcomes</b>	At the end of the, learners should be able to: <ul style="list-style-type: none"><li>● Recognise the importance of mental wellness &amp; self care</li><li>● Identify children's and youth's reactions to distress.</li><li>● Application of the World Health Organization's Psychological First Aid (PFA) Framework in relation to children/youth.</li><li>● Consider complex reactions and situations in relation to supporting children/youth.</li><li>●</li></ul>
<b>Accreditation</b>	<ul style="list-style-type: none"><li>● Accredited by the Singapore Red Cross Academy</li><li>● Supported by Reference Centre for Psychosocial Support, International Federation of Red Cross and Red Crescent Societies (IFRC)</li><li>● Eligible for 5 SDU points under Continuing Professional Development (CPD) programme</li></ul>
<b>Cost</b>	\$120 per person Price before GST.
<b>Group size</b>	Minimum 10 participants, maximum 20 participants.
<b>Pre-requisites</b>	<ul style="list-style-type: none"><li>● 16 years old and above</li></ul>
<b>Certification</b>	Learners will receive a Certificate of Participation upon completion.  Requirement: 100% attendance for the whole duration of course.
<b>Required logistics (for online sessions)</b>	Internet access and Zoom account. Functional video and audio function on personal device.



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<b>Corporate Groups/Private sessions</b>	For corporate/private group sessions, please contact <a href="mailto:academy@redcross.sg">academy@redcross.sg</a>
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Training Outline		
Time	Learning Objectives	Content
30 min 09:00 - 09:30	Ice-breaker  Administrative and technical briefing	<ul style="list-style-type: none"><li>• Admin/Technical brief</li><li>• Introduction</li></ul>
30 min 09:30 - 10:00	Understanding PFA in relation to youth/children.  Describe how and on whom PFA is applied.	Module 1: What is PFA for Children/Youth <ul style="list-style-type: none"><li>• What is PFA, what isn't</li><li>• Who, When &amp; Where of PFA</li></ul>
60 min 10:00 - 11:00	Identifying distressing situations that may lead to a child/youth needing PFA  Identifying reactions to distressing events at different ages of development.	Module 2: Children and Youth's reaction to distressing events. <ul style="list-style-type: none"><li>• Distressing situations</li><li>• Reactions to distressing events</li><li>• Identifying children, youth and caregivers who need PFA</li></ul>
15 min 11:00 - 11:15	Break Time	
30 min 11:15 - 11:45	Application of PFA.	Module 3: Look, Listen, Link <ul style="list-style-type: none"><li>• Action principles of PFA</li></ul>
60 min 11:45 - 12:45	Lunch Break	
60 min	Practice techniques for	Module 4: Communicating with Children & Youth



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12:45 - 13:45	communicating with children in distress	<ul style="list-style-type: none"><li>Communicating with Children &amp; Youth in distress.</li></ul>
45 min  13:45 - 14:30	Practice applying PFA Action Principles	Case discussion + Case debrief
15 min  14:30 - 14:45	Break	
45 min  14:45 - 15:15	Recognise importance of self-care before providing PFA	Module 5: Self-care
15 min  15:15 - 15:30	Closure for session	Closure & Evaluation
15:30	End of Training	