

Street Knife Awareness Course

DJM/2021

Course Aims and Objectives

There is an horrific growing trend for young people to carry knives and an increase in fatalities from stab wounds. Learn2Rescue has developed a short course for schools, colleges and youth clubs, as our contribution to teaching young adults the psychology behind knife crime, as well as the vital skills around self-defence, first aid and most importantly anger and conflict management. The course is designed to take the students on a journey of discussion and practical activities to learn each of these elements in an engaging and educational way.

Learn2Rescue is aware that schools do not have time to devote to long courses, and so has developed this short afternoon three hour session as an introduction and an attempt to support other groups in a united approach to reduction to deaths and knife crime.

Content and timings

- *Introduction* (5 mins) Meeting each other and warming the group up.
- *Psychology behind knife crime* (20 mins) It is important to understand why there is a need to carry a knife. This can vary between the perception of it self-defence and need for power. This element will also look at the law and consequences of carrying a knife including injury and arrest. But once a decision has been made to carry a knife, we need to understand why it might be used.
- *Anger management* (10 mins) One of the reasons people get injured is as a result of not being able to control anger, and be aware when the anger is brewing. This session looks into how we can control our rage and anger, including a short introduction into self-awareness and mindfulness.
- *Conflict management* (10 mins) Once the anger has become rage or out of control, it might be that a witness or friend could try and break it up and defuse the situation. Unfortunately, this can sometimes result in an innocent bystander becoming a victim. This session covers what bystanders can do, how to seek help and when to back off.
- *Self-defence* (60 mins) A practical session will cover some very basic principles of how to protect against knife attack, reduce injury and street awareness. Participants will be taught some moves and strikes in a safe environment. This short session will only provide a taste of how to protect oneself and ideas of how even the basics of reactions can have great effect.
- *Break* (15 mins)
- *First Aid* (60 mins) If all else fails, first aid might be required. The short awareness session will cover assessing a casualty, calling for help, bleeding, hypovolemic shock, recovery position and CPR.
- *Evaluation* Questions, and Discussion (20 mins)



Teaching Style and Trainer Expectations

It is intended that this course provides a pleasant and relaxed atmosphere in which to learn. Delegates are requested to make arrangements for the phones to be answered and for there to be no disruptions. Your trainer will expect the participants to engage, co-operate in sessions and make the trainer aware of any difficulties. If learners are under 18 years of age, please have a member of your staff present, or discuss with the L2R team arrangements.

Course Evaluation

All Learn2Rescue courses are evaluated. At the start of the course, participants will be informed that all delegates will be asked to give fair and honest feedback in order to help with continual course adjustments and maintain high levels of education and tutor and course development.

Payment

A deposit is normally paid to secure the booking and the balance required within two weeks of start date. In case of last minute cancellations, deposits are not usually refundable, as trainers will require remuneration.

Logistics

The room used should have enough space for participants to practise recovery positions. Refreshment arrangements are the responsibility to the venue, unless L2R have agreed separately to make provisions. Participants are reminded to wear comfortable clothes as the group will need to demonstrate putting each other into the recovery position. Ladies should not wear low cut tops and trousers are recommended, gentleman are asked not to wear shorts. Participants will need to be able to do CPR which requires a certain amount of physical work. The presenter may want to project slides onto a space on the wall. There will be time for a break in the middle, but it is preferred staff do not return to their offices to start with office work. Please let L2R know if there are parking restrictions and any specific needs relating to your staff, and if you have more than 12 members of staff attending.