



**St John**



# **First Aid in Schools**

## **Northern Territory Program**

### **2025**

*Where kids can learn to be real heroes!*

*St John NT acknowledges the traditional custodians of the lands and seas on which we live and work, and pay our respects to elders past, present and emerging.*

*St John has zero tolerance for child abuse and neglect. We take all allegations and concerns about abuse very seriously. We will always strive to ensure that children do not experience neglect, abuse, harm or exploitation during their involvement with St John.*



# Introduction

***We believe all Territorians should have access to vital first aid knowledge.***

St John NT is a self-funded, registered charitable organisation with a mission to save lives and build community resilience to improve the safety and healthcare of all Territorians.

With over 70 years' experience as volunteers and 50 years providing the Northern Territory's ambulance service, St John NT understands the challenges of delivering services across the Territory and the importance of being prepared when caught in a life-threatening situation.

We do this by offering programs that equip our community with the knowledge and skills to assist in saving lives, by developing confidence and leadership in our younger generation and providing an emergency response across the Northern Territory.

As an incorporated association in the Northern Territory, St John NT operates independently as part of a federated structure of St John Ambulance Australia, drawing on 140 years of knowledge and skills of our organisation nationally.

St John NT's **Community Education** program was established in 2005 with the aim of helping to build capacity, capability and resilience, by increasing awareness and confidence in what to do in those vital first minutes of a medical emergency.

Over the past 20 years our Community Educators have shared their knowledge with approximately 200,000 students and members of our community, ranging from child-care and pre-school, primary and secondary school, through to community groups, families and seniors.

In 2023/24 they taught lifesaving skills to 8,244 students across 40 schools.

St John NT Community Educators and First Aid Trainers have represented our organisation at community expos, Restart a Heart Day, Street Smart High, science, health and wellbeing expos, sharing with participants the vital skills in CPR or how to assess and respond to a first aid situation.

The **First Aid in Schools** Program is offered to students by highly trained professionals who are passionate about empowering children and students with life-saving skills. The program is tailored to be age appropriate, engaging and fun and can be structured to align with the school curriculum.

Be it familiarising students with an ambulance, how to call Triple Zero (000) or what to do if bitten by a snake, the program encourages students to learn new skills and understand the importance of what to do in an emergency situation providing them with valuable confidence and skills which will stay with them into their adult lives.



## 000 Heroes!

St John NT is proud to release its new Community Education First Aid in Schools program. This program provides a range of class activities from an introduction to more in depth training in first aid. As part of our commitment to the NT community and, in recognition of our corporate mission we have structured our course offering to include free introductory classes as well as subsidised programs to ensure that this vital learning can be enjoyed by all Territorians.

While our Community Educators are based in Darwin, we are willing to travel across the Territory to deliver our classes.

All prices quoted are excluding gst.

# Pre Primary School Programs

From hands on play to tailored learning sessions, children familiarise themselves with an ambulance and its medical equipment, talk with our educators in green and learn first aid skills. Our program helps reduce any fear or anxiety that children may experience in a medical emergency and equips them with the confidence and skills to become heroes in real-life medical emergencies.

## Childcare: Introduction to Ambulance

Course Name: **Hello Ambulance!**

Duration: 1.5 hour session

Cost: \$150 per session

Children in childcare (childcare centers, family daycares etc.) are offered the opportunity to explore a real-life ambulance and build positive relationships with St John NT staff through playing in an ambulance, and with St John NT equipment, puzzles and games.

## Pre-School: Introduction to Ambulance

Course Name: **Mini – First Aiders**

Duration: 1 hour session

Cost: Free

Students sit down for a basic 15-20 minute first aid and 000 awareness session, followed by bandaging and then get to explore a real-life ambulance and have time to play with other St John NT equipment, puzzles and games.

## Pre-School Program: Multiple First Aid Lessons (per class)

Course Name: **Mini First Aiders – Extended Program**

Duration: 4 sessions of a 30 min – 1 hour lesson per program

Cost: \$200 per program per class

Each session accompanied by a fun worksheet/activity to be done in the session or taken to be done later.

- Session 1: Ambulances, 000, Paramedics, First Aid
- Session 2: Wounds, Bleeding, Burns
- Session 3: Dangerous Creatures, Allergies
- Session 4: Ambulance Exploration, dressing up, games, puzzles.





## Primary School Programs

### Primary School: Introduction to First Aid

Course Name: **Little First Aiders**

Duration: 1 hour per class/session

Cost: Free

Students sit down for a basic first aid lesson including wound care, snake bite first aid and a CPR demonstration. Then (if time permits) have time to explore a real-life ambulance, and play with other St John NT equipment, puzzles and games.

## Middle & Senior School Programs

Course Name: **Driver First Aid**

Duration: 30 – 45 minutes

Cost: Free

Driver First Aid is a free interactive eLearning course aimed at providing lifesaving first aid skills for young drivers and their passengers.

The online course covers:

1. An introduction to First Aid
2. Basic Life Support – DRSABCD
3. Wounds and bleeding

Participants will be issued with a certificate once they have completed the course.

Completing this course aims to improve basic first aid knowledge and provide Learner Drivers with the confidence to assist until professional medical help arrives.

This course is also included in the DriveSafe NT learner driver's program and has been completed by more than 11,000 learner drivers across Australia.

Access the course here: <https://driverfirstaid.org.au/>



### **Middle/Senior School: 1 hour Program**

Course Name: **Youth First Aid – 1 Hour Sessions**

Duration: 1 hour per session

Cost: \$102 per session

This session is tailored to include an introduction to DRSABCD, rural first aid awareness, or to the specific class needs, and can be structured to align with the school curriculum.

For example:

- First aid introduction = DRSABCD
- Upcoming camp/Dukes = rural first aid
- Sports carnival = RICER, dislocations and broken bones
- Child studies= Baby and child first aid

### **Middle/Senior School: Multiple Sessions Program**

Course Name: **Youth First Aid – Comprehensive Program**

Duration: Tailored to suit – can be 6/8 sessions

Cost: \$500 per program per class

A comprehensive, multi-session program designed for recurring student participation, offering in-depth coverage of health, safety, and first aid topics. The program includes optional assessment components to reinforce learning outcomes.

Key first aid modules include CPR, the DRSABCD action plan, recovery position, defibrillator use, and responding to common injuries such as burns, bleeding, infections, concussion and snake bites.

### **Middle/Senior Specialty Program**

Course Title: **Community Education – Provide First Aid**

Delivery Mode:

- 8 hours face-to-face (customised to your schedule)
- Online learning component to be completed independently prior to face-to-face sessions

Cost: quote on request depending on number of participants  
(Includes all materials, resources, and certification)

Program Overview:

This nationally accredited course can be tailored to align with your school's timetable and classroom needs. Upon successful completion, students will receive a *HLTAID011 Provide First Aid* certificate, valid for three years.

Program Delivery:

After the online component is completed, a qualified and experienced St John NT Community Educator will deliver the remaining training on-site at your school during scheduled class time.

Course Content Includes:

- DRSABCD action plan
- Cardiopulmonary Resuscitation (CPR)
- Wound management
- Asthma and anaphylaxis response

- Managing common medical emergencies

Customisation:

This program is adaptable for students with additional learning needs, those disengaged from traditional education, or where time constraints exist. We work with your school to ensure an inclusive and supportive learning experience

### **Senior School: Party Ready**

Course Name: **Party Ready**

Duration: 1 Day program

Cost: \$250 per day per class

Developed by St John Victoria in 2023 as both a compliment to the successful First Aid in Schools program, and an answer to the need for targeted harm reduction education in adolescence.

Party Ready aims to equip young people with the knowledge of basic first aid within the relevant context of social settings, such as house parties, in which alcohol and other drugs may be present.

Students are presented with a range of information about substance use, the potential risks of overdose and drug interactions and the effects of substances on mental wellbeing, so they have the capacity to make informed decisions.

In response to these potential risks, students will also learn appropriate intervention skills through the 'Listen to Your HEAD' action plan and 'DRSABCD' action plan. The program's approach is non-judgmental and non-moralistic, as opposed to the historical 'just say no' education rhetoric.

## **Additional Community Based Programs**

### **School Holiday OSHC Program**

Duration: Approx. 1.5 hours

Cost: \$150 per session

The program can be tailored to suit different student age groups and abilities, and includes the Mini and Little First Aiders programs.

It offers an engaging introduction to first aid through age-appropriate activities such as games, puzzles, dress-ups, and interactive learning tools developed by St John NT

### **Family and Community First Aid Program**

Duration: Approx. 1 hour per session

Cost: \$102 per session

The Family and Community First Aid program is designed to support a wide range of organisations and community groups beyond the school setting. Fully customisable, it can be tailored to meet the specific needs of each group and delivered as a one-off session or through multiple visits.

For Example:

- Family First Aid Sessions for new parents
- Defibrillator training for businesses
- Tailored workshops for programs such as Clontarf and STARS,

Essential first aid education for seniors in aged care settings.

## Community Health & Wellbeing Expos

Tailored to suit

Community Education can participate in a variety of events, including school health and wellbeing expos, VET and career expos, Bunnings community days, and childcare expos, to engage with the public and promote first aid awareness and education.

## Contact Us

To find out more about our First Aid in Schools or our broader Community Education program please contact us on:

email [communityeducation@stjohnnt.asn.au](mailto:communityeducation@stjohnnt.asn.au)

website: [www.stjohnnt.org.au/first-aid-schools](http://www.stjohnnt.org.au/first-aid-schools)

