

Welcome, Chief, to a practical (possibly one-day life saving) adventure for your crew members. Your presentations will only be as powerful as your preparation is purposeful. Provide as much ‘hands-on experience’ as your resources allow. Suggestions will be offered on how you may do that, but creative ideas of your own will go a long way to make this an exciting adventure. Make the journey with your boys a blessing now and a benefit to them and others in their lifetimes.

Lesson 1: “Staying Safe”

Introduce this new Cornerstone to your boys with a sense of how important it might be to them or to someone else they may help. You may also want to share a ‘very brief’ testimony of an injury or medical emergency you once had and how you were ‘saved’ through first aid knowledge (either yours or some else.) Keep comments simple and go right into the lesson as it will require plenty of interaction between you and your crew.

Read the first paragraph in a way that gets the boys excited. Then continue to read into the third one where it asks “...what might happen...?” Have just one boy give an answer. Read the next question (last line on this page) and let the boys respond with a few of their own ideas. (You may want to help them with one or more of these: his hat might fly off and he may fall trying to grab it; his pant leg or shoelace could get caught in the chain; or he may have a flat tire (if the front one ‘blows’ it can flip him over!); or what if he hits a hole in the road and crashes?) Let the interactions be constructive – try to get the boys to consider that accidents are always possible, especially if we take chances!!

Now continue with the second page. Read its first paragraph. Then begin comments on each picture, letting boys interact [some suggestions follow]:

- 1- Man on Bike: ask, ‘How is this man not ready for an accident?’ (yes, he has a helmet but no gloves or knee pads. Ouch!!)
- 2- Boy on Stairs: he should be holding on to a hand rail!
- 3- Bar-B-Q: never get too close or lean over a grill! A big hat may look good, but it’s dangerous!
- 4- Shelf Climber: ‘never climb anything not meant for climbing’! Here, use a ladder or footstool.
- 5- Man-in-Chair: always keep it ‘Four on the Floor’ (and your two make it six!)
- 6- Cell phone Cruising: drivers should never do anything but drive!
- 7- Skateboard Scrape: this boy needed a helmet and knee pads!
- 8- Check it Out before Plug It In: (the title says it all) Remind boys to never plug things in unless an adult gives permission and supervision.

Depending on ages and attention of your boys, be brief but be sure they understand the important caution with each of these (re-word things to fit their ‘level’.) Remind them that these are only a few of the many things they should be cautious about. Read the final paragraph and recite the memory verse before departing. Ensure that they will learn it before the next meeting.

Lesson 2: “Bumps & Bruises”

Read through the first two paragraphs (don't rush...put plenty of emphasis and character into your voice!) Then take the boys back to page two. Let most of the boys take their turn to share their choice of who gets 'bumped or bruised'. Choices will be most of them (though could be all: consider that the two 'burn' cases and the 'electrical shock' could still result in someone hitting something!) This is a short, fun activity so don't commit too much time to it. Bottom line – 'there are many ways and many reasons any of us can bump something hard or bruise our self badly. Better be ready! (Make this point in your best way.)

[Begin next paragraph] The “Do This First” here is the first step in every injury! STOP-SIT-CHECK IT OUT! Tell your boys that sometimes, when we first get hurt, our body is 'stunned' and may not feel anything. But when the pain comes charging in it can be more than you're ready for! And some people just pass out!! If you're standing up you may get even more hurt on the way down! Also, it is possible the hurt is inside (which can be worse!) like a cracked rib or an injured organ. Tell the boys, “Pain is your alarm system – telling you something is wrong”!

The “Do This Next” is straightforward, but really stress the fourth “►” point about impacts to the head (say something about the two cartoon pics.) In many games and sports (especially ones like football or basketball where collisions are common) a head injury can occur. State with concern each of the 'symptoms' listed here (but also any others you are familiar with / or describe one you may have had in a certain sport you played.) We don't want to discourage fun and competition, but we do want our boys to understand that risks sometimes result in injuries.

After your frank but positive talk, have the boys recite with you Proverbs 3:23 (last week's memory verse.) Ask them “What does it mean to walk *safely*?” Wrap up with praises!

Lesson 3: “Bleeds”

At end of first paragraph tell your crew that every injury that bleeds is 'serious business': not just because of what comes out (blood – maybe lots of it) but also what goes in (“dirt, disease, and other bad things”!) An adult or older (much older) child should always 'take a look'!!

Cover the “DO IT FIRST” carefully. The boys will get it (and may be able to practice it during Top-It-Off.)

The “DO THIS NEXT” advice will be things that should be done by an adult. It is really not “First Aid” – tell the boys you call it “Next Aid”! (But do go over it with them here.)

Introduce their new memory verse at bottom. Tell them that, for some folks, a 'broken heart' can be just as hurtful and injurious as many other injuries. NEVER make fun or take lightly someone else's sadness or disappointment. Be as kind to them as you would be to anyone who is hurt.

Warn the boys to not-get-behind on their memory verses. They must know them to earn a patch!

Lesson 4: “Blisters”

Read the first two paragraphs. Then go back to page 2 and let boys answer this question, “Who may get a blister here?” (Actually, all of them can – be observant and see if you can tell for yourself.) A blister can be caused by impact, rubbing, fire or other heat like electricity. Even to someone who is on their cell phone all day long! Ask boys if it is possible to get ‘ear blisters, too’! (a little humor)

Take the boys patiently through the Do-This-First and the Do-This-Next advice (stress that the advice on ‘popping’ a blister is for adults or older boys to help with.) It is not mentioned here, but tell the boys that whenever the skin is broken open you must prevent germs from getting in by using first aid crème or ointment.

Let boys practice both memory verses and certainly let anyone willing to stand and ‘show-off’ that they already know them. This is what the Bible is referring to when it says, “Provoke one another unto good works.” [see Hebrews 10:24]

Lesson 5: “Burns”

It is certainly hoped that none of your boys will ever get burned, especially during one of your Site’s outings or camping experiences. It can result in permanent scarring! Take your crew through the first part of this lesson with some sincere seriousness. Be sure they understand what the term “sterile gauze” means, certainly clean and intended for medical purpose. The wrong kind of cloth or paper will get into the wound and make healing slower and complicated, perhaps leaving permanent scarring. Explain this to your boys as simply as you can.

Continue at the ‘warning sign’. Go with boys to page 2 once more. Let them tell you the two obvious ones (boy-n-stove & Bar-B-Q) but there is possibly one more (an electrical shock – especially if it catches the house on fire!! Stress this important concern.) Finish up with, “They should have known better, not taken chances, and not get hurt! NEVER PLAY WITH FIRE!!”

Describe a third degree burn as being when skin is burned away and even muscles (maybe bones, too) are damaged. It may be charred black (like charcoal) or dry and white. The person may be struggling to breath or already unconscious. Tell your crewmen not to try removing burnt clothing because it will hurt them more. And make sure any fire is out, but don’t pour water on them (use a towel, blanket, or other clothing to ‘snuff’ it out.) Be as clear in your explanation as you can. Make sure they understand that if someone is on fire you must act fast. Rolling them on the ground may be the best or only way to save them!!

‘Slow Burns’ (here) are sunburns. And though people of darker complexion are less susceptible than those who are lighter, all skin can be damaged by too much sun. If the damage is serious enough it will hurt and be at risk of more serious problems. Remember: “Don’t take chances”! Talk to your boys about clothing protection and sun blocks (sunscreens.) Review memory verses

Lesson 6: “Breaks”

‘Breaks’ (like ‘bleeds’) require someone older and more experienced to provide aid. But, as is often the case, your young apprentices may be playing rough with friends (or worse, by themselves) when this kind of serious injury occurs. However it happens, let’s not let a bad situation become worse! [Find a way to convey this concern]

Read through the first two paragraphs. Remember to stress with your voice any words in bold or underlined. Stress to the boys how important it is to not play or go ‘exploring’ by yourself, why they need a friend nearby in case they get hurt – bad!

The “Do This” part of the lesson will be acted out as activities during ‘Top-It-Off’, but read through it carefully and make sure the boys are paying attention.

The “Better yet...” part (with the photos) can be read aloud in a poetry manner. Do it once, then get the boys to follow along with you several times. These are good guidelines for keeping safe! But also go to page 2 a final time and ask, “Which of these guys is gonna break something?!” Once again, it could be “everybody”!! Have a little fun talking about ‘what could happen’.

There is one more memory verse (short, simple, but just as important!) Go over it with them now, having crew repeat after you. Remind the boys that, if they ever get hurt, Jesus is right there – ask Him for help first (even before ‘first aid’.) Call Him your “FIRST First Aid”! [Remind boys to practice all three scriptures, that these are necessary for getting their award]

Lesson 7: REVIEW

It is suggested that you have a review meeting with your boys, to go over things of importance one more time but also to let those who may have missed a meeting or two to ‘catch up’. Always remember that every part of each lesson may one day be life-saving and should not be overlooked. This is a very important achievement for your crew members. Help each one get the most from all six lessons (even if that means adding a meeting or two to reinforce any areas of your concern!) It is also prudent to remind yourself that boys can get the full benefit of these lessons on their own, with your help, if you don’t just let them ‘pass on by’ with the ‘crowd.’

Use the Skill Evaluation on page 8 of the boys’ Skill Kit as a basis for your review, asking them either the same or similar questions (mix things up a little and make it challenging.) Add some other questions of your own. Do this, though, without them following you on that same back page. Make that page “Off Limits” during the review. Better would be for them to look over each related lesson and ‘find’ the answer (unless, of course, they can just say it out!)

Sometimes it is during the review that some important points finally ‘stick’. Make this, too, a learning experience and the blessings will just keep flowing.

