



BABYSITTING, STAY SAFE & MY SAFE LIFE COURSES

Enter code whiteside for your school to earn

\$5

BABYSITTING COURSE

ages 11 – 15

Students learn how to care for younger children and how to prevent and respond to emergencies.

Covered in this course:

- exploring the business of babysitting
- creating safe environments
- safely caring for ages 0-12
- first aid skills

Each student receives a babysitters manual, and certificate.

\$65/STUDENT

STAY SAFE! (Home Alone)

ages 9 – 13

Helps prepare students to be on their own at home or in the community.

Covered in this course:

- healthy choices
- my time: scheduled and leisure activities
- expecting the unexpected
- first aid skills

Each student receives a Stay Safe! workbook, and certificate

\$65/STUDENT

MY SAFE LIFE

ages 7 – 10

Students learn life skills that empower them to make safe, caring and respectful decisions in their everyday lives.

Covered in this course:

- bullying prevention
- basic self defence
- online safety
- first Aid

Each student receives a My Safe Life workbook, and certificate

\$65/STUDENT

WHERE: In-person or online courses available

TIME: Varies! Pro-D day, weekend or afternoon sessions available. Visit our website for details!

COURSE SUPPLIES: Are provided to students attending in person courses. For online classes, books are mailed directly to students for an extra fee, or they can be picked up from our office in Surrey.

For online courses, students must have their camera on during the course.

HOW TO SIGN UP:

Online – Visit our website at www.FirstAidHero.com and use promo code **whiteside** for your group to earn \$5 from your registration!

ABOUT FIRST AID HERO: Authorized Red Cross Training Partner, First Aid Hero specializes in Babysitting and other recognized First Aid courses for children. All instructors of First Aid Hero are experienced and qualified!