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# Foreword

This document was co-created by the Southeast Asia Youth Network (SEAYN) and East Asia Youth Network (EAYN) with the goal of sharing the collective experiences of Red Cross Red Crescent Youth in Southeast Asia and East Asia. It is our hope that this document will encourage, inspire, and be an additional resource as youth staff and volunteers continue to serve the local communities.

At the core, we are strong as an individual National Society, and we are unbreakable collectively. Through the collective experience, we may discover interesting ideas that can be implemented in our local community; avoid challenges identified for similar projects/initiatives; and know who to reach out to for more resources and advice.

## **About SEAYN**

The Southeast Asia Youth Network (SEAYN) is an official platform created and endorsed by the Red Cross Red Crescent leadership of the Southeast Asia National Societies to enable the youth to interact and generate new ideas, concepts, approaches, tools, campaigns and projects in order to advance youth engagement in the region. SEAYN serves to provide a crucial link and opportunities for the SEA Youth to connect and strengthen their Humanitarian Action by sharing best practices with their peers within and beyond the movement at a global scale. It is also a sub-network linked to a region-wide platform, the Asia Pacific Youth Network (APYN), which connects youth leaders from the whole Asia Pacific Region.

### *Vision*

To enhance South East Asia National Societies' (SEA NSs) service delivery by developing and empowering RCRC Youth, through peer-to-peer support nurturing a positive change

### *Mission*

1. To advance youth engagement for more effective and sustainable humanitarian action, development and resilience by uniting and representing the voices of Southeast Asia Youth.
2. To promote a culture of friendship and mutual support to learn and share best practices among the National Societies.

## **About EAYN**

Red Cross Red Crescent East Asia Youth Network is an official platform which aims to gather all youth volunteers within the region, namely DPRK Red Cross Society, Japanese Red Cross Society, Korean Red Cross Society, Mongolian Red Cross Society, Red Cross Society of China (RCSC), Hong Kong Red Cross (branch of RCSC) and Macau Red Cross (branch of RCSC).

### *Vision*

To enhance East Asia National Societies' service delivery by youth actions as communication channel, resource centre, think tank and advocacy platform in the aspirations for positive changes for the community they serve.

### *Mission*

1. To facilitate and coordinate sharing of knowledge and experiences and to ensure the exchange of information and resources within the region.
2. To address common issues and topics of Red Cross Movement and take collaborative initiatives in the region.
3. To represent youth voices and opinions and advocate for the EA youth as a whole to support their activities.
4. To enhance leadership skills of the members and increase youth engagement in their National Societies' decision-making process

# CAMBODIAN RED CROSS

## Country



1 Municipal  
24 Provinces

## No. of branches with activities in schools



25 out of 25 branches

## Presence of Guidelines/ Policies



Yes

## Funding



- National Society
- IFRC
- Light for the world
- Private sectors

## Partners



- Light for the world
- Cambodia Airport
- Ministry of Education, Youth and Sport
- Ministry of Public Work and Transport

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## Case 1: COVID-19 Response

In response to the increase in sexual and gender-based violence (SGBV) cases as a result of COVID-19, Cambodian Red Cross conducted training and awareness raising activities over three months in 2020 to promote inclusion and gender-based non-violence. The activities primarily targeted individuals aged 15 to 30.

Before implementing SGBV-related activities, Cambodian Red Cross shares that it is important to follow the guidelines of local authorities such as the Ministry of Health as well as international recommendations such as the World Health Organization.

In addition, Cambodian Red Cross was actively involved in COVID-19 prevention through community engagement activities over the past one year. By raising awareness of the symptoms of COVID-19 and communicating prevention strategies to the local communities, Cambodian Red Cross aims to equip local community members with the knowledge to take preventive actions as and when required. Through their community engagement activities, basic hygiene materials are also provided to increase engagement and response from members of the local communities.

As one can imagine, the purchase of hygiene materials was a challenge encountered in terms of the supply of materials (especially during the initial phase of COVID-19) and the budget required. Without the free distribution of hygiene materials, community engagement efforts were more challenging as individuals were less inclined to listen and engage without the free gift.

## **Case 2: Road Safety Promotion**

Vehicular accidents are a major issue in Cambodia, recording close to 2,000 fatalities and 5,000 injuries annually. Cambodian Red Cross supports the national effort by actively advocating for road safety through various activities such as awareness campaigns, discussion forums, exhibitions, school visits, radio talk shows, and school camps. The duration of such activities may range from one to three years, and primarily targets individuals aged 15 to 30.

From their experience, Cambodian Red Cross highlights that road safety promotion will be a continuous and long-lasting activity due to the need to change behaviour. As such, it is recommended to plan for the sustainability of activities across a period of time; in particular, the financial resources required for the project/programme.

## **Case 3: Blood Donation**

The Cambodian Red Cross youths were also actively involved in supporting the blood donation efforts in Cambodia. In response to the low national blood stock levels, a three months blood donation campaign was conducted in schools and local communities for those aged 15 and above. Reflecting back, a key challenge encountered was the availability of health information of blood donors. Without proper health records of the donor, it was a huge challenge for Cambodian Red Cross to determine the safety of donated blood, especially during the COVID-19 pandemic.

Learning from their experience, Cambodian Red Cross shares that it is important to advocate for the advantages of donating blood to the general public. In addition to raising awareness about the importance of blood donation, it is equally crucial to raise awareness among local communities on basic health protection measures and situations wherein donating blood can be unsafe.

## **Case 4: Disability Promotion**

Cambodian Red Cross, including youth volunteers and staff, strongly advocates for the rights of persons with disabilities (PWD). Even during COVID-19, youth volunteers and staff continue to raise awareness through the media, training programmes, and



Information, Education and Communication (IEC) materials. In addition, to ensure that young with disabilities are supported, given opportunities, and empowered to play an active role in their communities; they were encouraged to join the Cambodian Red Cross youth clubs as members and volunteer leaders, and to actively be involved in the promotion of road safety, and disability inclusion in schools, and local communities.

### Story of Mr. Wai Van



Mr. Wai Van, 56 years old, is currently working as a cleaner at a temple, with a salary of 22,000 riels (5.5USD) per day. He lives in Prey Chas Village, Sangkat Teok Vil, krong Siem Reap. There are seven members living in a small shared house, two children living with disability (a 21-year-old son with memory impairment and a 15-year-old daughter with a non-surgical open-heart disease). Since 2016, he has become an active volunteer in the Disability Inclusion in Road Safety Project, and has educated many people in his village and other communities on road safety and rights of people with disabilities by showing his own experience and actual work as a role model of helping community.

Inspired by his commitment and life story Cambodian Red Cross selected him as the role model to create disability inclusion leaflets titled “We Can Do It” focused on promoting the rights of people with disabilities and road safety which will be published under the Disability Inclusion in Road Safety Project (DIRS). Moreover, the Cambodian Red Cross Siem Reap Branch continues to coordinate with the Angkor Association of Disability (AAD) to help Mr. Wai Van and his two children with disability. They are currently registered as members of AAD and receives social benefits such as vocational training, sculpture, music, sports and other assistance.



While conducting the disability promotion activities, the major challenge that Cambodian Red Cross experienced was the lack of IEC materials available that are also suitable for youths and/or in the school setting. Before beginning such activities, it is also recommended to have sufficient technical expertise within the team to ensure that the work “do no harm”.

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# CRUZ VERMELHA DE TIMOR-LESTE

## Country



12 Municipalities and  
Regional Administrative Oe-  
Cusse Ambeno

## No. of branches with activities in schools



13 out of 13 branches

## Presence of Guidelines/ Policies



Yes

## Funding



Government (Secretariat State  
of Youth and Sport)

## Partners



Partner Child Fund

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## Case 1: Disseminating History of RCRC Movement

Over a period of one year, Cruz Vermelha de Timor-Leste actively promotes the history of the Red Cross Red Crescent Movement to junior students (aged 12 to 17) and senior students (aged 18 to 25) in primary, junior high, senior high and universities. The overall training programme is 21 hours 30 minutes over the duration of one year and covers the following sub-topics:

1. Red Cross Red Crescent Movement
2. Basic Principles of the Movement
3. Logos
4. Basic International Humanitarian Law
5. Security Guidelines and the Code of Conduct

Unfortunately, Cruz Vermelha de Timor-Leste shares that despite the importance of such training to students in schools, funding is limited and often sufficient to provide the learning for all schools.



## Case 2: First Aid

Similar to the disseminating history of Red Cross Red Crescent Movement activity, Cruz Vermelha de Timor-Leste provides first aid training for students over one year or 66 hours. The target participants are junior students (aged 12 to 17) and senior students (aged 18 to 25) in primary, junior high, senior high and universities.

Over the year, students are expected to learn the following sub-topics:

1. Definition of First Aid
2. Objectives of First Aid
3. Principles of First Aid
4. Personal Protective Equipment
5. Human Body and Anatomy
6. Principles of Emergency Action
7. Specific Injuries
8. Fractures
9. Specific Sickness / Illnesses
10. Techniques of Referral

Funding for this activity is also a major challenge, and Cruz Vermelha de Timor-Leste is often unable to provide the training for all schools.



## Case 3: Hygiene and Sanitation

Hygiene and sanitation training is also provided to junior students (aged 12 to 17) and senior students (aged 18 to 25) lasting 42 hours and 30 minutes over the period of one year. Students are expected to learn about the following topics:

1. Nutrition
2. Sanitation
3. Respiratory Infection
4. Malaria Prevention
5. Tuberculosis
6. Dengue Prevention
7. Promotion of Information of Community Health
8. Pandemic-related Issues
9. Volunteer Mobilisation for Blood Donation

Moreover, the COVID-19 pandemic has also impacted the way training can be conducted as well as the need to revise the current training content to make it more relevant to the current situation.

## **Case 4: Leadership**

In 54 hours and 30 minutes over a one-year period, students are also provided the opportunities to learn about leadership, in particular the following topics are:

1. Introduction to Leadership
2. Communication
3. Decision Making
4. Problem Solving
5. Interpersonal Relations
6. Empathy
7. Controlling Emotions
8. No Discrimination and Stigma
9. Gender

## **Case 5: Disaster Risk Reduction**

Equally critical, the Cruz Vermelha de Timor-Leste conducts disaster risk reduction training for students in the following topics:

1. Definition of Basic Disaster
2. Cyclone
3. Flood
4. Earthquake
5. Climate-change Adaptation
6. Social Conflicts

In addition to the funding challenge (as mentioned previously), it is also a challenge for Cruz Vermelha de Timor-Leste to train sufficient facilitators due to the technical expertise

required for the Hygiene and Sanitation, Leadership, and Disaster Risk Reduction training programmes.

Primary School and Junior High



Senior High School and University



Facilitator Guides



# JAPANESE RED CROSS

## Country



47 Provinces

## No. of branches with activities in schools



47 out of 47 branches

## Presence of Guidelines/ Policies



-

## Funding



- National Society
- Schools

## Partners



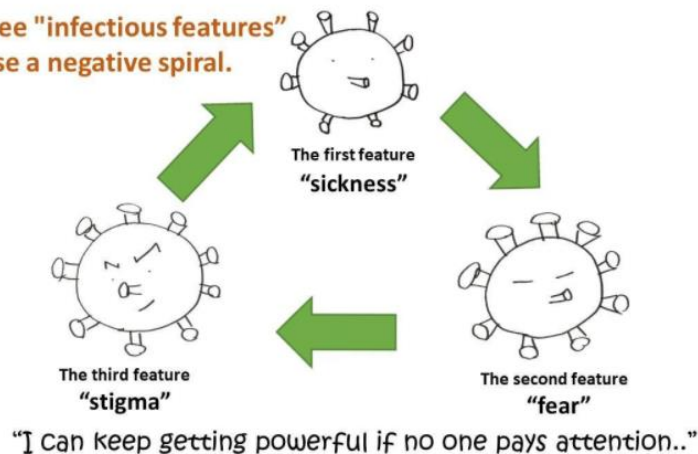
Registered teachers in schools are supporting Junior Red Cross members' activities.

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## Case 1: Three Faces of COVID-19

Acknowledging the emotional impacts of COVID-19 in the initial phase, the Japanese Red Cross Society formed a team to develop a guide "Three faces of the COVID-19 we must be alert to – A guide to breaking the negative spiral" which aims to break the negative spiral related to the virus. The guide was published in April 2020 and made publicly available [here](#).

The three "infectious features" compose a negative spiral.



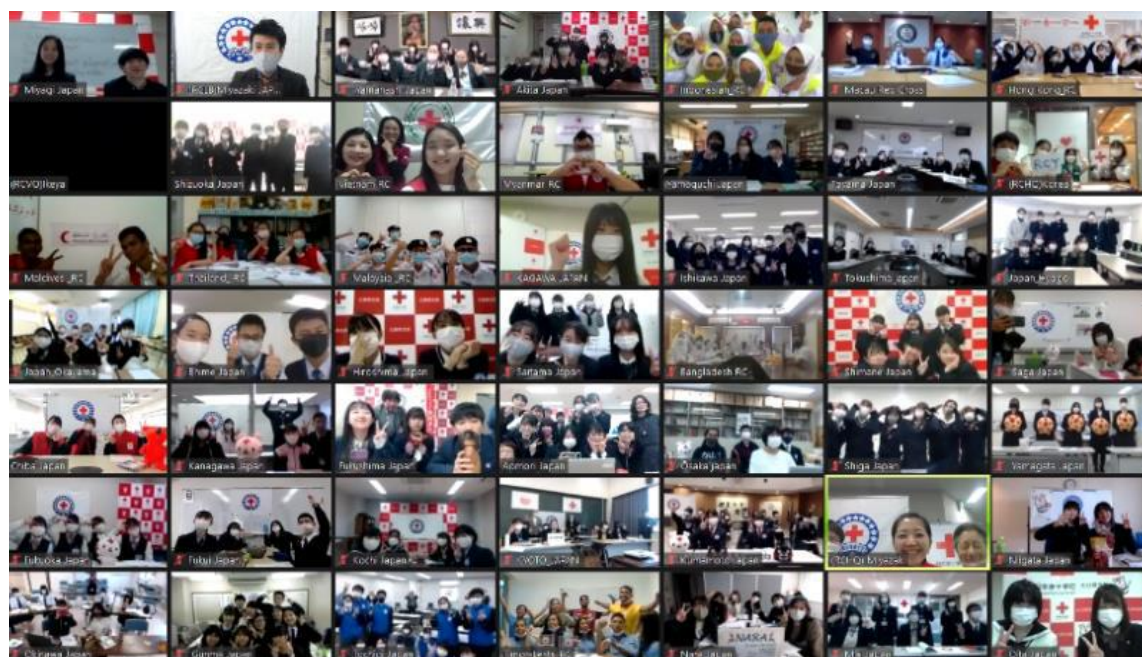


The guide was also introduced to the Junior Red Cross level for young children and youths aged 7 to 18, and is now being used in many (if not all) schools in Japan.

## Case 2: International Exchange Programme (online)

Building on the guide “Three faces of COVID-19 we must be alert to – A guide to breaking the negative spiral”, a one-day International Exchange Programme with the theme “Together, we create a world without stigma” was organised online. The exchange programme aimed to promote “international understanding and goodwill” which is also one of the primary goals of the Junior Red Cross.

As the COVID-19 pandemic remains protracted, stigma and discriminatory behaviour toward infected people will remain. Inviting youth staff and volunteers from other Red Cross Red Crescent National Societies, participants learnt about stigma as a result of COVID-19 and discussed practical actions on how to deal with stigma in their local communities.



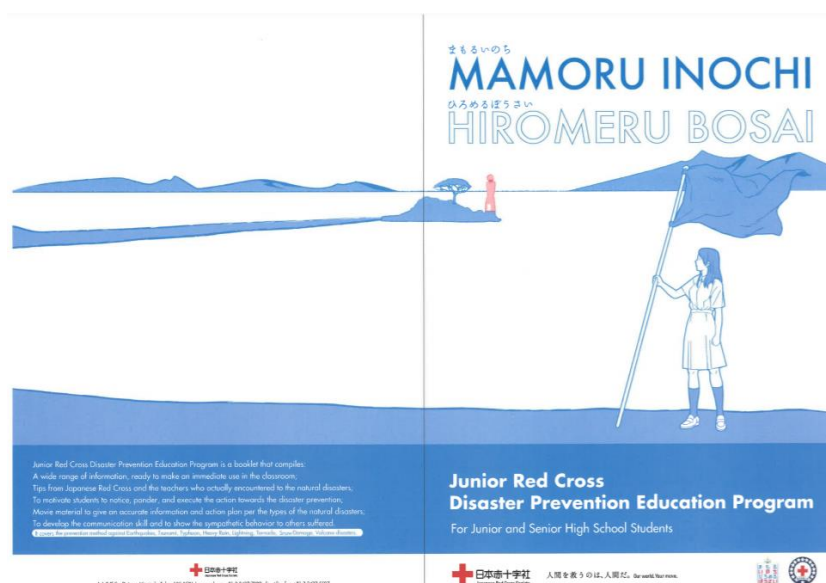
While it is unfortunate that the size of participation was limited due to the limitations of Zoom, the youths who participated made new friends and gained fresh perspectives from one another. Most importantly, the youths were left feeling refreshed and empowered to notice and combat the three faces of COVID-19 in their local communities.

## Case 3: Disaster Prevention Education Program

90 percent of fatalities during major disasters in Japan – such as the Great Hanshin and Awaji Earthquakes (1995) and the Great East Japan Earthquake (2011) – were immediate: individuals crushed and/or killed on the spot. In response to the Great East Japan Earthquake in 2011, Japanese Red Cross Society was determined to fulfil their mission of protecting lives from natural disasters through various disaster prevention and mitigation activities.

At the Junior Red Cross level, the “Junior Red Cross Disaster Prevention Education Program” was implemented, with the aim of educating prevention methods against natural hazards such as earthquakes, tsunami, typhoon, heavy rain, lightening, tornado, snow damage, and volcanic eruptions. In particular, a booklet “MAMORU INOCHI, HIROMERU BOSAI” or “Protecting Life, Spreading Disaster Prevention” was published and rolled-out to all schools since January 2015. Through the development of the booklet, the following are taught to young children and youths aged 7 to 18:

- A wide range of information, ready to make an immediate use in the classroom
- Tips from Japanese Red Cross Society technical experts and teachers with past encounters with natural disasters
- Motivate students to notice, ponder, and execute disaster prevention actions during emergencies
- Movie materials to give accurate information and action plans per the types of natural disasters
- Develop communication skills and encourage empathetic responses to others who may be suffering during an emergency





The booklet continues to be well received in schools and contributes to disaster prevention and mitigation efforts in Japan. However, without any content update(s) since the booklet was published in 2015, it is now a challenge for the Japanese Red Cross Society to ensure that the content continues to remain relevant and up-to-date with the latest advisories in disaster prevention and mitigation.

## NOTICE

The Japanese Red Cross Society aims to teach students the value of life and health, as well as the importance of respecting human dignity by teaching its members to “notice, think and act”.

## THINK

School teachers act as sponsors for the Red Cross. Through them, the Junior Red Cross is present in schools at all pre-university academic levels, including kindergarten and schools for children with special needs. It makes its programs available to students during their formative years and in tandem with their academic education.

## ACT

It does so by providing activities relating to the following three areas:

1. **Protection of life and health:** protecting a human life regardless of race, ethnicity and/or religion, and promoting health and hygiene
2. **Volunteer services:** community and humanitarian service
3. **International understanding and friendship:** international sensitivity (i.e., teaching children how to be sensitive to and adaptable in other cultures)

# KOREAN RED CROSS

## Country



9 Provinces (77 districts) /  
6 States (69 districts)

## No. of branches with activities in schools



15 out of 15 branches

## Presence of Guidelines/ Policies



-

## Funding



-

## Partners



Registered teachers in schools are supporting Junior Red Cross members' activities.

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## Case 1: COVID-19 Response Activities

In response to the low national blood stocks during the peak of COVID-19, the Red Cross Youth members supported the nationwide blood donation campaign efforts. Depending on the schools' schedule (elementary school to university), Red Cross Youths members would conduct a one-day blood donation campaign with the support of the school to encourage eligible citizens to donate blood near their schools or at dedicated blood donation centres.

Similarly, as a result of COVID-19, conducting face-to-face activities became increasingly difficult, if not impossible. As such, Red Cross Youth members were encouraged to plan with their schools to conduct non-face-to-face activities in place of face-to-face activities. Usually lasting for one-day, the Red Cross Youth members from various schools have organised online events such as mask-making (from home), online exchange activities, online counselling, and online education.

## Case 2: Eco-Friends Environmental Campaign

The Republic of Korea commemorates every 5<sup>th</sup> April as “Arbor day” since 1949 to encourage people to love nature. Korean Red Cross Youth’s first official activity in conjunction with Arbor day was in 1953 when 10,000 trees were planted in devastated areas in Pusan region. In 2020, the Eco-Friends Environmental Campaign, a one-month long campaign, was launched with the main goal of making our planet cleaner and peaceful through two main actions:

1. Red Cross Youth forest cultivation
2. Our neighbourhood environmental guardian

Through this campaign, Red Cross Youth leaders provide information that are related to the protection of the eco-system by using various tools such as video clip and books. Concurrently, Red Cross Youth members will proactively plan, conduct, promote and evaluate the activities. After completing the Eco-Friends Environmental Campaign, participants will promote their actions through RCY online platform “RCYmate”, and social media such as Facebook, Instagram and YouTube.

Through this campaign, we can make our planet cleaner as well as remind citizens of the importance of the environment. In addition, we can also provide RCY members various volunteering opportunities/programmes related to the environment. There are no restrictions on participation in this programme, and warmly welcome all students (including people with disabilities and non-Red Cross Youth members) to participate.

### Offline Activities

#### [Activity 1: Red Cross Youth forest Cultivation]

- Planting trees, flowers, arranging flower garden
- Providing compost, fertiliser and water
- Cleaning around planting place

#### [Activity 2: Our neighbourhood environmental guardian]

- Cleaning our neighbourhood
- Remove illegal garbage and leaflet
- Clear dirty graffiti on the wall
- Mural painting activity
- Environmental campaign (paper sparing, separate collection, non plastic...etc) at the downtown, mountain, sea and festival area
- Making environmental products (eco-soap, eco-bag, eco-badge, etc.)
- Flash mob

### Online Activities

- After conducting Actions 1 and 2, upload pictures and impression about their activities in RCY mate event board ([www.rcymate.com](http://www.rcymate.com))
- To encourage posting, participants will be rewarded

Despite major difficulties in organising large-scale events during COVID-19, approximately 8,000 Red Cross Youths from elementary school to university participated at the end of the campaign.

### Case 3: Friendship Gift Box

Annually, the Red Cross Youth members will come together to make boxes of school supplies from the months of March to November, and the gift boxes from the various branches will be consolidated throughout the month of December. Every January, the gift boxes are then given to local schools when Red Cross Youth members conduct overseas volunteer activities. From 1991 till date, approximately 280,000 boxes have been distributed to over 60 countries globally.



As most activities, the Friendship Gift Box activity was affected by the COVID-19 pandemic in 2020. With the travel restrictions imposed globally, it was not possible for the Red Cross Youths to travel overseas to conduct the volunteering activities. Instead, as a sign of solidarity, 16,000 sanitary kits were distributed to four countries via shipping.

# LAO RED CROSS

## Country



18 Provinces

## No. of branches with activities in schools



05 out of 18 branches

## Presence of Guidelines/ Policies



Yes

## Funding



IFRC

## Partners



None.

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## Case 1: Youth in School Safety

Since 2018, Lao Red Cross actively promoted school safety for students aged 15 to 18. After detailed planning, it was decided that the Training of Trainers (ToT) model will be adopted to ensure sustainability, as well as to promote local ownership and empowerment. The implementation of this activity was conducted in two phases.

In the first phase, the training of facilitators (ToF) was conducted in which a selected group of individuals, including Lao Red Cross staff and volunteers, were trained to train others in the promotion of school safety. The duration of each training is three and a half days.

In the second phase, the certified facilitators would be deployed to the respective schools to conduct training in school safety. Over one day of training, participants would learn about the Red Cross Red Crescent Movement, disaster risk reduction under the school safety framework, and Youth as Agents of Behavioural Change (YABC) tools. At the end of the training, participants would also experience a mock drill and prepare an action plan for a safer school.

Reflecting back, Lao Red Cross shares that for the success of this activity, it is necessary to determine if staff and volunteers of the local chapters have the skills to be trainers of school safety; especially since most of the training under phase two will be conducted at the local levels. As such, during ToF in phase one, it is important to allocate sufficient slots for staff and volunteers of local chapters to participate in the training.

## **Case 2: Youth Empowerment in Community**

Youth empowerment is also a priority of Lao Red Cross since 2018. With the aim of empowering youths aged 15 to 22, a four steps programme was designed:

- Step 1: Youths will be trained in Youth as Agents of Behavioural Change (YABC), including various toolkits.
- Step 2: After training, youths are also expected to complete a practical component. Lao Red Cross will organise field trips such as to local schools so that youths are able to put what they learnt into practice.
- Step 3: Through regular support, the communities (such as the schools) will execute the actions agreed upon in the previous step.
- Step 4: Throughout the activity, there would be regular monitoring to ensure the smooth progress of the activities. After the end of the activities, the youths would gather to conduct peer learning and discuss areas of improvements.

Similar to the Youth in School Safety activity, to ensure success, it is critical to train staff and volunteers of local chapters with the necessary skills to implement the activities. Furthermore, for such activities, budgetary constraints will be one of the greatest limiting factors for the continuity and sustainability of such activities.

## **Case 3: Healthy Lifestyle for YOUth - Prevention of Non-Communicable Diseases (NCDs)**

Non-Communicable Diseases (NCDs), such as cardiovascular diseases, cancer, diabetes and chronic respiratory diseases, are the leading global cause of death and are responsible for just over 70% of deaths worldwide. These NCDs share key modifiable behavioural risk factors like tobacco use, unhealthy diet, lack of physical activity, and the harmful use of alcohol, which in turn lead to overweight and obesity, raised blood pressure, and raised cholesterol, and ultimately disease. They continue to be an



important public health challenge in all countries, including low- and middle-income countries where more than three quarters of NCD deaths occur.

In 2021, Lao Red Cross piloted a compact training module, building on the Community-Based Health and First Aid (CBHFA) training curriculum already implemented by Philippine Red Cross and that was designed coupling NCDs prevention core activities with the Youth as Agents of Behavioural Change (YABC) participatory approach and non-formal education methodology.

The 1-day interventions in schools allowed Lao Red Cross facilitators to support the youth, the most effective community change agents, in understanding, applying, and practicing healthier behaviours as part of existing Red Cross Red Crescent health and youth programme and project plans at the local and national levels. Lao Red Cross Team also engaged in the digitalization of the whole 1-day workshop to continue delivering the programme during COVID-19 pandemic and school closure.

The Healthy Lifestyle for YOUTH training can be delivered both in-person and online!

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# MALAYSIAN RED CRESCENT SOCIETY

## Country



16 States

## No. of branches with activities in schools



16 out of 16 branches

## Presence of Guidelines/ Policies



Yes

## Funding



Ministry of Education  
Schools  
IFRC  
ICRC

## Partners



Ministry of Education Malaysia  
IFRC  
ICRC

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## Case 1: Proficiency skill badges scheme

As part of the school programme for 10 to 18 years old, the Proficiency Badge is an award to Malaysian Red Crescent youth members based on their knowledge, skills, activity and commitment in the activities of the Malaysian Red Crescent. There are several badges to be earned such as Red Cross Education, Health Education, First Aid, Foot Drill, Camp Craft and International Friendship. The training and assessment are conducted by MRC teacher instructors.

A major challenge is the lack of teacher instructors and the school policy that non-teacher instructors are not allowed to enter school premises. This means that the National Society must also reach out to teachers and persuade teachers to be willing to be instructors in addition to engaging youth in schools. While the COVID-19 pandemic significantly affected in-person activities, various branches took the initiative to move the activities online; which was something heartening.

## Case 2: Youth as Agents of Behavioural Change (YABC)

YABC is the IFRC's flagship initiative on the promotion of a culture of non-violence and peace (CNV+P). It was created in 2008 for youth and with youth from Red Cross and Red Crescent worldwide. YABC empowers them to take up an ethical leadership role in inspiring a positive transformation of mindsets, attitudes and behaviours within themselves and their community.

With the belief that youth are a powerful catalyst for change, and whose energy and skills need to be harnessed when pursuing societal transformation leading to a CNV+P, Malaysian Red Crescent in partnership with IFRC has conducted multiple peer educator trainings with close to 100 peer educators and trainer of peer educators. Peer educators are actively engaged in their local communities in states such as Johor, Melaka, Negeri Sembilan, Kuala Lumpur, Selangor, Pahang, Terengganu, Kelantan, Kedah, Sarawak and Sabah. Till today, these peer educators have reach out to thousands of youths (volunteers and non-volunteers) and trained them in CNV+P.

## Case 3: Youth in School Safety (YSS)



The YSS programme was developed by the IFRC in 2015 in consultation with various National Societies in the Southeast Asia region to spread awareness and increase engagement with the youth to take charge of school safety. Through the Malaysian Red Crescent Youth Policy and Youth Engagement Strategy, the "Youth in School Safety" initiative was designed for a purpose of youth empowerment at schools to strengthen the bonds between school children, Red Cross Youth, teachers and parents in their specific roles in school safety by equipping them with basic knowledge and skills for School-Based Risk Reduction.

Throughout the initiative, three challenges were identified: 1) limited commitment from youth teachers to practice planned actions, 2) lack of facilitators to conduct and disseminate the YSS programme to all states, and 3) limited recognition on the importance of school safety from school administrators and agents. To overcome the challenges, the following actions were identified. Firstly, it is important to build partnerships with like-minded organisations and corporations to expand and sustain the programme. Next, it is also key to establish good rapport with various authorities such as the Ministry of Education and Ministry of Youth and Sports. Lastly, it is crucial for long-term planning for activities and training volunteers such as building interest among school students to join the National Society and to maintain the spirit of humanitarianism and volunteerism.

## Case 4: Safe Steps Kids

SAFE STEPS Kids programme comprises of a series of 12 public service video announcements of 50 seconds in length. Each video features a set of characters from a well-known Cartoon Network series who will anchor the storytelling process to raise awareness and provide easy-to-understand educational information on life-threatening issues; thus, building a more resilient future generation.



In conjunction with the World First Aid Day, International Day for Disaster Risk Reduction and World Day of Remembrance for Road Traffic Victims, the Malaysian Red Crescent Youth conducted a series of SAFE STEPS Kids online learning sessions over three months on First Aid, Disasters, and Road Safety. Due to overwhelming response, not all interested participants could attend as the chosen online platform had a limited capacity and was unable to accommodate everyone. Learning from the experience, the team shared that it is better to live stream online sessions on social media platform such as Facebook and YouTube.

## Case 5: Young Humanitarian Month Online Campaign

With the aim to share educational information and engage youth via social media during the COVID-19 pandemic, Malaysian Red Crescent organised a month long “Young Humanitarian Online Campaign”.



“Nurturing young humanitarians today for a better tomorrow.”

Chong Cheng Yang  
Secretary  
National Youth Council

Facts and knowledge related to the weekly topics are posted regularly on social media (e.g. Facebook, Instagram, Twitter) and Google Classroom throughout the campaign. Weekly quizzes are conducted based on the topics and winners are awarded with electronic vouchers. At the end of the campaign, a participant from each category with the best performance throughout all four weekly quizzes is selected as the Young

Humanitarian Champion. A YOUTHtalk titled “My MRCS Experience” was also organised in conjunction with the campaign with the following weekly topics:

- Week 1: International Red Cross and Red Crescent Movement
- Week 2: International Humanitarian Law & Humanitarian Action
- Week 3: Malaysian Red Crescent Society
- Week 4: COVID-19 Knowledge and MRCS Response

## Case 6: National Youth Online Gathering

To strengthen and maintain the bonds as well as to promote social inclusion among youth volunteers of different backgrounds and cultures across different branches, a series of online gathering were held monthly targeting youth volunteers aged 10 to 30; especially school students and teachers. It is also an initiative to involve school-based youth members in online extracurricular activities as an alternative to in-person activities as a result of the COVID-19 pandemic. In each session, there will be interactive learning on Red Cross Red Crescent thematic topics, breakout discussion/activities and games/quizzes. The gathering is conducted using Zoom and being streamed live on YouTube. Every month, more than 3,000 RCY are gathered virtually, and the number is growing!



# MONGOLIAN RED CROSS SOCIETY

## Country



21 Provinces

## No. of branches with activities in schools



33 out of 33 branches

## Presence of Guidelines/ Policies



Yes

## Funding



None.

## Partners



Ministry of Education

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## Case 1: Humanitarian Cabinet

As part of Mongolian Red Cross Society's youth engagement efforts, the Humanitarian Cabinet was established in schools and universities with the aim of engaging youths aged six to 25. Through the Humanitarian Cabinet, students will have the opportunity to gain knowledge and understanding of humanitarian topics such as humanitarian law, disaster preparedness, first-aid, and provided volunteering opportunities on a regular basis. Through the Humanitarian Cabinet, Mongolian Red Cross Society hopes to increase the independence of students and to encourage them to contribute back to society.

One of the biggest challenges highlighted by Mongolian Red Cross Society is the sustainability of the Humanitarian Cabinet due to the lack of financial resources; especially without any major source(s) of funding. As such, activities planned are predominantly based on existing resources and/or low-cost to no-cost.

## Case 2: "Box Full of Love" Campaign

The "Box Full of Love" Campaign is held annually from March to May with the aim of helping herders' family overcome the extremely cold winter (or *Dzud*) and to prepare for



the windy spring. Mongolian Red Cross Society youths aged six to 18 will first come together to organise fundraising events to collect necessities that herders' families would require. The list of items includes warm clothing, horsecloth, the young animal's sack, candle, matchstick, salt, rice, and flour.



*Mongolian Red Cross Society youths with the package of items for herders' families in 2015*

From the experience of Mongolian Red Cross Society, while collecting the necessary items are usually achievable, the youths often experience difficulties in delivering the package of items to the countryside due to limited funding.

### **Case 3: “Santa” Challenge**

The Christmas and New Year festive season is a time of celebration for many. To spread the love and joy, Mongolian Red Cross Society youths aged six to 25 will gather annually to distribute presents to children from low-income families, orphanages, and survivors of domestic violence at temporary shelters. The following are some photos taken at a Child Protection Response and Temporary Shelter in December 2020, where youth volunteers from Mongolian Red Cross Society handover the donated presents as part of the Santa Challenge.



the most  
valuable  
thing is time  
for others



Every year, the youths will call for donations starting in November, where the general public can donate gifts to the various Mongolian Red Cross Society branches. After a month long of collection, the youth staff and volunteers would then distribute the presents accordingly. Unfortunately, despite all precautions, youth volunteers do get injured such as dog bites and/or slipping during winter while delivering the presents; especially in the “Ger District” areas. As such, it is necessary to ensure that first aid and medical services are available during distributions.

Mongolian Red Cross Society also shares that one strategy to increase the success of such activities is to issue challenge via social media platforms to encourage one another to prepare gifts for vulnerable children in their communities.

## Case 4: Disaster Prevention Campaign



In conjunction with International Day for Disaster Risk Reduction held on 13 October each year, trained volunteers from Mongolian Red Cross Society in collaboration with school teachers will educate students aged 15 to 25 on the importance of disaster prevention and mitigation as well as evacuation protocols during a disaster. In addition, the trained volunteers will also assist school teachers to conduct mock drills with the students and conduct a risk evaluation for the school.

## Case 5: Regular Home Visits to the Elderlies and Vulnerable Families

As part of psychosocial support activities, youths from Mongolian Red Cross Society aged 16 to 25 would organise regular home visits and distribute food parcels to elderlies living alone and low-income families; often those living in the “Ger District” areas. Most often, the youths will visit twice a month (depending on necessity) in groups of five people. In addition to talking and assessing their home situation, the youths will also assist to do household chores such as wood chopping, collecting water, and cleaning the house.

Similar to other activities, Mongolian Red Cross Society shares that a major challenge is that youth volunteers do get injured in the “Ger District” areas. This challenge is coupled with the insufficient insurance coverage that can be provided to volunteers. Furthermore, as the youths continue to make regular home visits during the pandemic, it has increasingly become a challenge to provide sufficient personal protective equipment such as masks and gloves for the youth volunteers.





# PHILIPPINE RED CROSS

## Country



81 Provinces

## No. of branches with activities in schools



98 out of 102 chapters

## Presence of Guidelines/ Policies



Yes

## Funding



- Local Government Units (LGUs)
- Partner National Societies
- Fundraising by School, Community and Chapter Council

## Partners



- Department of Education
- Commission on Higher Education
- Sangguniang Kabataan (Youth Council) under the Department of Interior and Local Government (DILG) and LGU

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## Case 1: Taal Operations

On 12 January 2020, the Taal Volcano erupted, affecting thousands of families. As part of the response efforts, the Philippine Red Cross youths mobilised hundreds of volunteers to assist in the packing and distribution of critical relief items to several evacuation centres in Batangas, Philippines. The operations lasted for over two weeks.



## Case 2: COVID-19 Response

Before the World Health Organization declared that the COVID-19 situation was a pandemic on 11 March 2020, the Philippine Red Cross Youth Department anticipated the

need for mobilising large numbers of youth volunteers in the coming weeks. As such, working with the Volunteer Services and Operations Center, a 24-hours helpline centre (1158 COVID-19 helpline) was established to assist the community with COVID-19 related concerns; and 58 youth staff and volunteers underwent a technical orientation as call takers. After one year, the helpline centre has assisted more than 200,000 clients.

With the establishment of the Molecular Laboratory by the Philippine Red Cross responsible for COVID-19 testing, the Red Cross Youth formed the Data Management Unit to assist in keeping track of and storing of important records to minimise the delays in the release of results to individuals that were tested by Philippine Red Cross.



The Philippine Red Cross youths were also active in contact tracing and providing psychosocial support to individuals tested positive for COVID-19. Partnering with the Welfare Services, the youths supported the contact tracing efforts and provided Wellness Kits to individuals tested positive for COVID-19.

### Case 3: Grants to RCY Advocacy and Social Projects

Grants to RCY Advocacy and Social Projects (GRASP) is an important component of the Youth against COVID-19 through Unified Response (Y-CURE) project supported by the Netherlands Red Cross. Over two waves of funding, 11 Chapters and school-based Red Cross Youth Councils were selected in the first wave while 18 Red Cross Youth Councils were selected in the second wave to implement humanitarian projects in their communities. Of the projects, 44.8 percent of the projects were focused on hygiene and sanitation, 17.2 percent on Information, Education and Communication (IEC) materials, and 13.8 percent on producing school materials.

#### QUIRINO

##### Drumvatory Project



*In one project, old drum barrels were converted to handwashing stations in Quirino, Luzon in Philippines.*

<p><b>AGUSAN DEL NORTE</b></p> <p>Provide 150 sets of basic school materials to youth for upcoming school year</p>	<p><b>BORACAY-MALAY</b></p> <p>Conduct psychosocial support to the youth of Boracay and Malay during this pandemic</p>	<p><b>CEBU (CYC)</b></p> <p>Production of AVP Series promoting knowledge on Covid-19 Infection Prevention and Menstrual Hygiene Management</p>
<p><b>RIZAL</b></p> <p>To be able to distribute 1,000 COVID-19 booklets amongst the youth in the branches jurisdiction</p>	<p><b>ILOILO</b></p> <p>Collection of inspiring stories of local groups or community amidst COVID-19 Pandemic and Installation of Hand Washing Stations</p>	<p><b>GENERAL SANTOS-SARANGANI</b></p> <p>Installation of foot-operated hand sanitizers/alcohol dispensers to schools</p>
<p><b>PALAWAN</b></p> <p>Installation of backpack-like barriers for motorcycle riders in compliance with government standards</p>	<p><b>ZAMBOANGA CITY</b></p> <p>Installation of COVID infographics and publication materials in jeepneys and tricycles</p>	
<p><b>CEBU (USC)</b></p> <p>Provision of raw materials to family-beneficiaries to be crafted as face masks which will then be sold to communities</p>	<p><b>MANILA (DLSU)</b></p> <p>Provision of food packs to 100 families and medical supplies and PPEs for 9 barangays</p>	<p><b>MANILA (AdU)</b></p> <p>Distribution of food packs and hygiene kits to cover urgent household needs of jeepney drivers.</p>

## Case 4: Preparing for the New Normal

To provide the necessary support to Chapter Service Representatives and Focal Persons of the Philippine Red Cross Youths, workshops were conducted to equip them with the knowledge to transit from implementing physical activities to virtual activities. The first phase of the training focused on the fundamentals and basics of conducting online activities while the second phase equipped participants with the knowledge to manage and optimise the use of social media platforms to implement and promote activities by Philippine Red Cross. Some online activities by local Chapters are as follows:

### ABRA

Social Media Campaign promoting experiences as an RCY Member and Volunteer; using the official logo and hashtag of the celebration



### CAMARINES NORTE

*Global Handwashing Day!*  
10.15.2020 9:00 - 9:00 PM

**IT'S IN YOUR HANDS!**

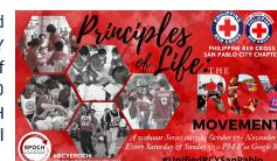
First Speaker:  
MS. CHRISTINE JOY J. TANO, RMT  
PRC - CN Chapter Service Representative  
Blood/Health Service

**REGISTER NOW!!!**  
+639987137199

Webinar Series in promotion of Global Handwashing Day with the theme RCY: EPOCH Leaders of the New Normal (Empowered, Passionate, Optimistic, Courageous, and Humanitarian)

### SAN PABLO

Webinar Series Event entitled "Principles of Life: The RCY Movement" in celebration of Red Cross Youth Month 2020 with the themed "RCY: EPOCH Leaders of the New Normal (Empowered, Passionate, Optimistic, Courageous and Humanitarian)!"





**CEBU**

Youth Volunteer Orientation Course (YVOC) Webinar for those who would love to share their time, commitment and efforts in alleviating human suffering and to let them realize their potential in humanitarian leadership.



**GUIMARAS**

"RCY TALK" emphasizes the intrinsic values and significance of the youth not just in the RCY community but in the society as a whole.

**ILOILO**



RCY Webinar Series on Leadership and Management by Dir. Christopher C. Montaño.



**GEN-SAR**

RCY CONNECT: A Virtual Celebration for this year's RCY Month with a theme: "RCY: EPOCH Leaders of the New Normal"

**DAVAO CITY**

Presentation of activities and events in celebration of RCY Month by Davao City Chapter



**BOHOL**

As part of the RCY Month celebration, youth volunteers managed to plant a total of 40 fruit bearing trees composed of Avocado, Rambutan, Pomelo, Sour Apple at Dao, Dauis.



**PALAWAN**

Poster-Making Contest using the RCY Month Theme to encourage resilience and unity within the community in light of our situation



**DASMARINAS, CAVITE**

Recruitment of first aiders by the La Sallian First Aiders-Red Cross Youth

**MY FIRST FRIEND/S IN THE RED CROSS YOUTH**



**ALBAY**

Series of RCY stories and journey through Instagram/My day challenges and games.



**MISAMIS ORIENTAL-CDO**

Pagpakiglambigit 5: The Legacy Continues for the first time goes online as embracing the new normal of celebrating events with the theme "RCY: EPOCH Leaders of the New Normal"



**LA UNION**

Red Cross Youth Membership recruitment with Sangguniang Kabataan Officers of Brgy. Pagudpud, City of San Fernando, La Union.

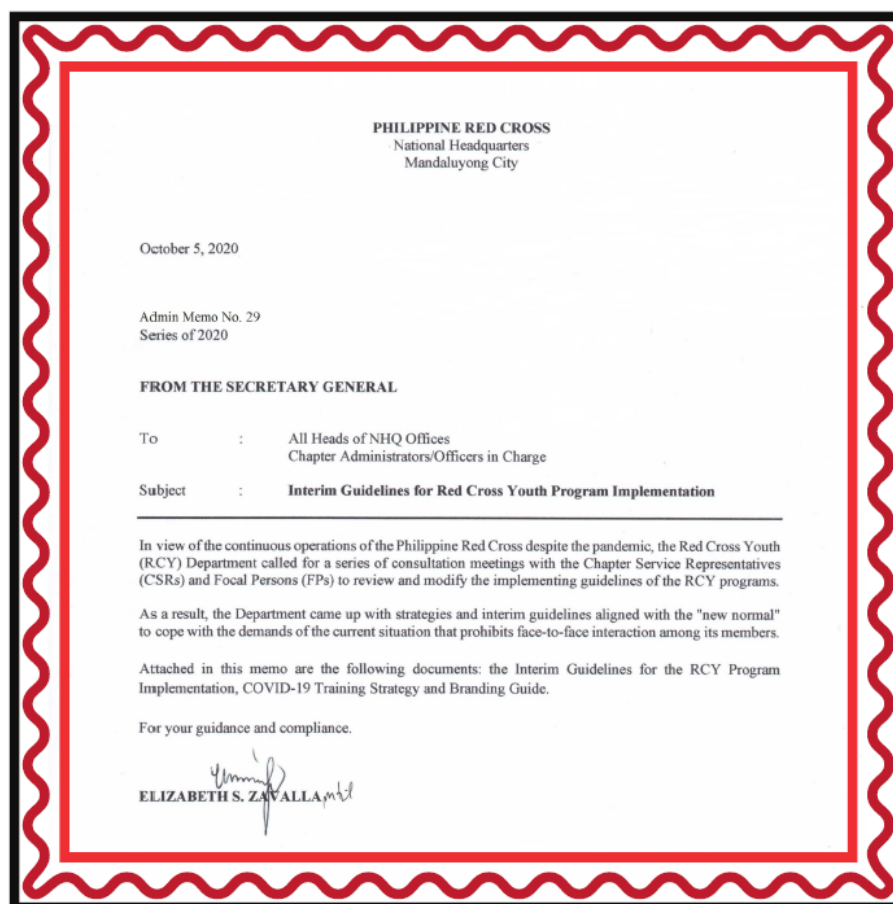


## Case 5: Activities Under New Normal

On 24 October 2020, the Philippine Red Cross Youths organised their first ever First Aid Webinar as part of the new normal. Over 900 Red Cross Youth advisors attended the webinar to re-equip, re-train, receive updates on Basic First Aid, as well as to learn the updated guidelines when providing first aid during a pandemic.

Moreover, at the end of 2020, the Philippine Red Cross Youth Department published the online learning version of the Youth Volunteer Orientation Module. This meant that youths interested in volunteering with Philippine Red Cross can now do so by completing the module online instead of waiting for the next physical training.

Most importantly, the Philippine Red Cross Youth Department also reviewed and published the "Interim Guideline for Red Cross Youth Program Implementation" containing strategic measures for implementing youth activities in the new normal.



# PALANG MERAH INDONESIA

## Country



34 Provinces

## No. of branches with activities in schools



510 out of 510 branches

## Presence of Guidelines/ Policies



Yes

## Funding



- Schools
- Local government

## Partners



- Ministry of Health (Youth Health)
- Ministry of Education (School of Disaster Preparedness)
- NGOs such as Save the Children, UNICEF, and Disaster Preparedness Consortium

## Case 1: Youth Training

As part of school extra-curricular activities, Palang Merah Indonesia provides humanitarian training for students aged 10 to 17 in their first year: in primary school, junior high school, and senior high school. The youth training consists of seven modules and is completed over a period of one year on weekends (Saturday or Sunday). The seven modules are:

1. Introduction to Red Cross Red Crescent
2. Leadership
3. First Aid
4. Youth Health
5. Youth in Sanitation and Hygiene
6. Disaster Preparedness in School
7. Blood Donation



In addition, more advanced training modules in implementation and capacity building is also provided such as Youth in Risk Reduction, Youth Center, and Youth Forum.

Reflecting, Palang Merah Indonesia shares that there are various challenges to be successful in providing youth training. Firstly, it is a challenge to ensure there are sufficient (and well represented) facilitators in every school such as gender and social background. Next, with the need to continuously train new facilitators, it can also be a challenge to ensure the same standard in training across schools. While the training method must be standardised, it is also important for the facilitators to be able to adjust the training according to local needs. Lastly, while the training is conducted over a period of one year, the overall time for the training is still relatively limited.

To overcome some of these challenges, Palang Merah Indonesia suggests that National Societies should consider partnering with the government ministries such as the Ministry of Education and Ministry of Health in the implementation of the youth training.



### Case 3: Youth Forum



The Youth Forum is for students aged 15 to 17 studying in senior high schools. Once a month at the branch level, once every three months at the provincial level, and once every year at the national level; a representative from each school will come together to evaluate, share their experience, and discuss strategically on how to improve the various youth activities at the school level.

Before COVID-19, as youth forums are often physical meetings, it was a challenge for representatives coming from schools located in remote locations (i.e., long travelling time). However, while the problem was resolved with the shifting of the forum to online platforms, a new challenge emerged: the weak or unavailability of internet connection in many locations.



### Case 3: Youth Services

After undergoing the youth training in the first year of study, students aged 10 to 17 are tasked to organise and carry out various youth activities in their communities focusing on three themes:

1. Improving healthy living skills
2. Helping and serving the local community
3. Building national and international friendship

Examples of youth services are disaster preparedness campaign and simulation, psychosocial support, health and sanitation activities, promoting blood donation, road safety campaigns, and health campaigns.

Two major challenges were identified to the success of the programme. Firstly, it is often difficult to align the academic schedules and activities of the various schools. Secondly, for such activities, local government support is critical. However, such support may not necessarily be available and/or forthcoming.



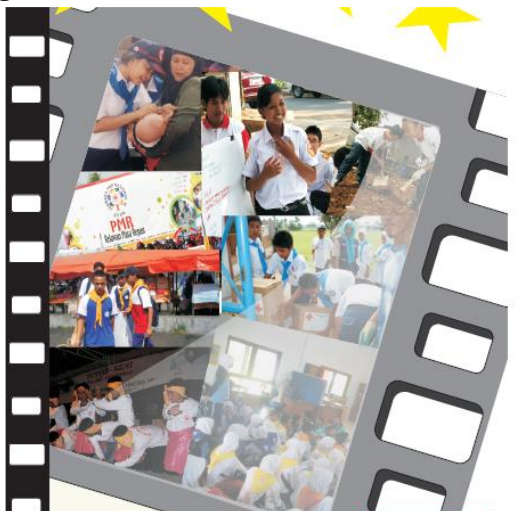




## Case 4: Red Cross Youth Gathering

To promote cohesion and interaction among Red Cross Youths across the country, the Red Cross Youth Gathering programme was initiated. Every few years, youths at various levels will gather and meet each other for competition, simulation, and evaluation of the Youth Unit in each school. Youths aged 10 to 17 will meet once every three years at the branch level, once every four years at the provincial level, and once every five years at the national level.

Similar to the challenges identified in youth services, the success of this programme is also affected by the academic schedule of schools as well as the support from local governments.



# RED CROSS SOCIETY OF CHINA

## Country



34 Provinces

## No. of branches with activities in schools



35 out of 35 branches

## Presence of Guidelines/ Policies



Yes

## Funding



- Local branches
- Schools
- Partners

## Partners



Yes

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## Case 1: Youth Agents of Behavioral Change (YABC)

Since 2013, Red Cross Society of China has actively promoted Youth as Agents of Behavioral Change (YABC) among youths aged 15 to 30. YABC is the IFRC's flagship initiative towards achieving that particular goal. It empowers youth to take up an ethical leadership role in inspiring a positive transformation of mindsets, attitudes and behaviours within themselves and their community. It raises youth's awareness and understanding of themes related to the promotion of a culture of non-violence and peace such as non-discrimination and respect for diversity, intercultural dialogue, social inclusion, gender equality, and violence prevention, stimulating a personal reflection and positioning on these thematic issues.

As many other activities, Red Cross Society of China shares some of the challenges encountered while implementing YABC activities. Firstly, the lack of YABC peer educators is a major challenge. It is observed that the rate of discontinuity of YABC peer educators in YABC activities is higher than the rate of training new YABC peer educators; resulting in a net loss of peer educators over time. Secondly, as YABC activities have yet to be institutionalised at local levels, the sustainability of the project relies heavily on sponsors. Lastly, from the feedback of existing YABC activities, YABC covers a wide range of social



issues without focus on a particular issue. As such, it can be a challenge to actively engage members of the public in YABC activities.

Gaining from their experience, the Red Cross Society of China suggests that the training of YABC peer educators should be strengthened. In addition, the frequency of activities involving trained peer educators should increase to ensure continual engagement. Concurrently, measures should be taken to maintain or increase the enthusiasm of peer educators.

## **Case 2: Exploring Humanitarian Law**

Exploring Humanitarian Law introduces youths to international humanitarian law based on the Geneva Conventions and their Additional Protocols. International humanitarian law is designed to protect the life and dignity of humans during armed conflicts and to reduce and prevent suffering and destruction caused by war. Exploring Humanitarian Law helps youths develop a broad international perspective and global awareness, as well as an open mind and the ability to participate in international affairs while fostering humanitarian values and feelings.

Since 2015, the project is mainly aimed at students aged 13 to 18 in secondary schools and universities, but may also involve primary schools; The promotion model in primary and secondary schools is to first train teachers in International Humanitarian Law before being tasked to teach students in their respective schools. At the university level, outstanding Red Cross Youth volunteers (college students) are trained in International Humanitarian Law before they are expected to conduct peer trainings in their university.

In addition to instructional education, there is an experiential learning component called "Raid Cross" which is a war experience activity relevant to International Humanitarian Law. Moreover, debates on the theme of International Humanitarian law may also be organised to promote the importance of International Humanitarian law in some schools.

The challenges encountered in Exploring Humanitarian Law differs according to the level of engagement. At the secondary school level, due to the pressure of entering more reputable schools after graduation, grades are the key focus of parents. While teachers are pressured to start Exploring Humanitarian Law courses, parents often do not allow their children to participate as they perceive it as a waste of time. At the university level, learning of International Humanitarian Law often involves more text-based content such as research papers. This means that the demand on the trainers is higher as the trainers will now require higher cognitive abilities to engage and train the college students. At the same time, the enthusiasm of college students to International Humanitarian Law is low and engagement is made more challenging.

Even for the experiential learning component, there are various challenges faced. For example, Raid Cross requires participants to have a strong understanding and ability to successfully complete a personnel deployment. However, it is observed that volunteers who help organise Raid Cross have varying degrees of understanding of International Humanitarian Law and participation varies widely among different schools. Similarly, for the debate competitions, participants are mainly members of the debate team. However, from observation, the debates often focus more on logical reasonings and arguments, and the contents of the Geneva Convention and the Additional Protocols are often less understood. As such, while debate competitions are meant to increase awareness and engagement with International Humanitarian Law, it sometimes causes conceptual problems among students as well.

To overcome the challenges, Red Cross Society of China provides some insights. Firstly, new media such as short videos or cartoons can be used in Exploring Humanitarian Law to increase publicity and raise public awareness of International Humanitarian Law. For the experiential learning component, for example the Raid Cross, such activities can be organised more regularly and volunteer exchanges can be planned. For example, a group of volunteers trained in Raid Cross can bring the required materials to carry out Raid Cross activities at different universities. For the debate competitions, it is also recommended that training is provided beforehand such that debaters gain a solid understanding of International Humanitarian Law before the beginning of the debates.

### **Case 3: Youth Peer Education for HIV/AIDS Prevention**

Since 2008, the Red Cross Society of China has been actively involved in organising HIV/AIDS prevention activities, and various activities are planned according to the age group of the target audience.

For students aged 13 to 24, HIV/AIDS prevention activities are organised predominantly in schools. Using the peer educators' model, a selected number of students are first selected to undergo training in the prevention of HIV/AIDS including how to provide peer education in their school. After being trained, the newly trained peer educators will share their knowledge and Information, Education and Communication (IEC) materials in their respective schools.

For college students aged 18 to 24, salon activities with the aim of increasing discourse around HIV/AIDS are organised in colleges / universities. Through these activities, students would be able to exchange ideas and expand their knowledge on this issue.

For the general public of all ages, Red Cross Society of China volunteers from colleges / universities will frequently organise outreach activities in crowded places such as parks and public streets to publicise HIV/AIDS knowledge to the general public, with the aim of

enhancing their awareness of HIV/AIDS prevention and eliminate discrimination against HIV/AIDS.

From experience, two major challenges were identified. Red Cross Society of China shares that the lack of accurate data about HIV/AIDS in their country poses a challenge to HIV/AIDS prevention activities. Secondly, as the medical technology develops and progresses over time, it is challenging to provide peer educators with opportunities to refresh and keep up to date with the latest developments. Similarly, this signifies a challenge to ensure that the content for peer educators are constantly refreshed and updated with the latest information.

## **Case 4: Blood Donation Promotion**

The Red Cross Society of China youths are also actively involved in the promotion of blood donation, especially at the school level. Targeting potential donors aged 18 and above, students organise blood donation drives with the aim of maintaining a healthy national blood stock level.

However, due to the general public's misunderstanding of how the Red Cross Society of China is involved in the nation's blood donation efforts, the students often face many questions or doubts on the ground when promoting and disseminating information about blood donation. In addition, Red Cross Society of China also shares that the general awareness of the importance of blood donation among members of the public is insufficient. Coupled with the lack of financial resources for blood donation activities, this poses another major challenge to the success of this activity.

To overcome the challenges, Red Cross Society of China aims to raise awareness of the importance of blood donation among the members of the public through traditional and social media such as posters, video recording, tweets, and online promotional videos. By reducing public misunderstandings and increasing awareness of blood donation, Red Cross Society of China hopes to see more potential blood donors stepping forward to donate blood.

## **Case 5: First Aid Promotion**

For students aged six and above, the Red Cross Society of China is a strong and active promoter of first aid and positive health outcomes in schools through three main activities.

Firstly, the Red Cross Society of China supports schools up to RMB 300,000 per school in building and operating life and health experience classrooms. The classroom provides

students with a real-life simulation / experiential learning and provides answers to commonly asked questions among students.

Secondly, the Red Cross Society of China branches in each province organises up to 20 school safety and health counsellor training sessions annually for primary and secondary school teachers. With the training conducted over the past ten years, an average of 30 participants are trained in each training session.

Lastly, the Red Cross Society of China organises a nationwide first aid competition once every two years. The preliminary rounds are first held at the provincial level before organising the finals at the national level. To increase outreach, the competition is open to everyone – students, enterprises, and agencies.

Reflecting back on their experience, the Red Cross Society of China observes that the number of qualified first aid teacher-trainers in schools is still insufficient to meet the training needs of students. As such, there is a need to strengthen the training programme regarding the training of qualified first aid teacher-trainers. For example, it is suggested that a team of professional trainers is established to focus on planning and providing specialised first aid trainings.

In addition, from the ground feedback, it appears that local schools do not allocate enough importance to first aid and is often neglected. To overcome this challenge, the Red Cross Society of China proposes that symposiums between Red Cross Society of China youth leaders and school leaders be organised to publicise and share the importance of first aid training in schools. In turn, this should encourage school leaders to allow for more first aid training to be done in their respective schools.

## **Case 6: Red Cross Red Crescent Knowledge Contest**

Beginning 2008, the Red Cross Red Crescent Knowledge Contest, sponsored by the General Association and undertaken by the newspapers and periodicals, is a nationwide large-scale knowledge contest organised during the "May 8<sup>th</sup>" Red Cross Fraternity Week every year. Since 2014, this contest was included in the "May 8<sup>th</sup>" Red Cross Fraternity Week series of activities of the International Federation of the Red Cross Red Crescent Societies (IFRC): contest to be hosted by the IFRC while organised by newspapers. The annual knowledge contest revolves on the work of the Red Cross Red Crescent Movement and actively carries out humanitarian communication in conjunction with World Red Cross Day and Disaster Prevention and Mitigation Day. To promote the basic knowledge of the Red Cross Red Crescent Movement and the spirit of "humanity, fraternity, and dedication", different competition themes were set-up. The test questions and answer sheets were issued in the form of a special issue of the "China Red Cross". For more than ten years, the number of participants has increased year by year, from more than 200,000

people at the beginning to more than 6 million people in 2020. The funds for this activity are all raised by the newspapers and periodicals. The General Conference Office will issue a notice of the activity in March every year. The Red Cross Society of China branches at all levels across the country will ask the newspapers and periodicals for test questions before the end of April, and the orders will be received before the May 8<sup>th</sup> event. Participants will receive the competition test papers and send the completed answers back to the newspapers for review before the end of June each year. At the end of July, a lucky draw ceremony will be held in the name of the General Assembly. The awards will be announced based on organisation submission or individual submission in the name of the General Assembly. For example, for individual submissions, there will be 30 first prize winners, 50 second prize winners, and 100 third prize winners.

In recent years, while organising Red Cross Society of China volunteers and young people to participate in this competition, the local branches have also carried out a series of related activities to spread the knowledge of the Red Cross Red Crescent movement and improve the understanding of the young students of the Red Cross Red Crescent movement. Participating schools not only organise students to participate in activities, but also allow their parents to participate. In addition to the efforts by the Red Cross Society of China, some local governments, hospitals, and communities are also actively involved in organising cadres, employees, retirees and residents to participate in answering questions. Over the years, from the feedback received from past participants, the general public appears to have a better understanding of the Red Cross Red Crescent movement and a deeper understanding and understanding of the spirit of "humanity, fraternity, and dedication". At present, the annual knowledge contest has become a brand project of the association and newspapers.

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# SINGAPORE RED CROSS

## Country



1 state

## No. of branches with activities in schools



1 out of 1 branches

## Presence of Guidelines/ Policies



Yes

## Funding



- Ministry of Education
- Schools
- External grants
- National Society

## Partners



- Private organisations such as Preschool Market and Prudence Foundation
- Government agencies such as the Workplace Safety & Health Council

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## Case 1: Safe Steps Activation

Beginning 2019, the Singapore Red Cross staff and volunteers would visit Red Cross Junior Clubs (pre-schools for students aged five to six) once a year to share more about the Safe Steps campaign which aims to promote individual and school safety. Each visit would last one to two hours on average.

Unfortunately, this activity was severely impacted by the COVID-19 pandemic as childcares and government schools are no longer able to accept visitors during this period. In other words, Singapore Red Cross Youth Department was unable to conduct the regular Safe Steps activities with the Red Cross Junior Clubs in 2020. To overcome this challenge, the Safe Steps activation was modified to be compatible with online platforms. Currently, Red Cross Juniors will be able to learn about first aid tips through pre-recorded videos and/or demonstrations via live-streaming with the support of the teachers in schools.

From experience, Singapore Red Cross shares that it is important to engage the teachers in advance to ensure the smooth running of the event. For example, first aid items such as triangle bandage and roller bandage can be delivered to the pre-schools in advance so



that teachers are able to provide hands-on activities by guiding the students to follow them using the items provided beforehand.

For Red Cross Links (students aged nine to 12) and Red Cross Cadets (students aged 12 to 16), a live demonstration is usually organised. Singapore Red Cross staff and volunteers will set-up a Safe Steps Tentage (6m x 5m) containing related first aid items such as cardiopulmonary resuscitation (CPR) manikins, pull-up banners, brochures, and bandages. The tentage will usually be set-up on campus grounds such as the school assembly area.

From experience, Singapore Red Cross shares that after several rounds of activation, the Safe Steps Tentage has become not fit-for-purpose and unsafe to be set up for activities to be conducted within the school. It is also a logistical nightmare as a suitable storage space is required as well as the need to arrange for adequate transportation to transport all the necessary equipment to the school and back to our storage area.

## **Case 2: Blood Advocacy**

With the Singapore Red Cross officially appointed as the National Blood Donor Recruiter beginning 2001, the Singapore Red Cross Youth Department is also part of the society-wide effort to advocate for blood donation.


Through various blood advocacy work in the earlier years, it was observed that for potential new youth blood donors, there is no pull factor for them to donate at designated satellite blood donation centres or community blood mobiles. Similarly, for young working adults, there is no pull factor for them to donate at designated satellite blood donation centres if the centres are not located in close proximity to their homes or workplaces. They are also generally not aware of community blood mobiles that may be organised near them. As such, it is critical to encourage them to take the first step by bringing accessibility of blood donation to them.

At the school level, the Singapore Red Cross Youth runs the Youth Ambassadors' Blood Programme (YABP) for our Links (aged nine to 12) and Cadets (aged 12 to 16). At the tertiary level, our Youths organise Blood Mobiles to raise awareness and recruit / retain youth blood donors. On average, one to two blood mobiles are organised each quarter of the year.

## **Case 3: Project R.I.C.E+**


Project R.I.C.E.+ is an annual, nation-wide collection & distribution drive championed by youth leaders from the Singapore Red Cross, to bring food and daily essentials to vulnerable families.

Due to the COVID-19 pandemic, fundraising activities have shifted online as physical face-to-face interactions are discouraged. While activities of essential aid distribution are still permitted, volunteer deployment needs to be in adherence to the prevailing COVID-19 safe management measures.



“It is not the scale, it is the little thought and the little kindness that matters. They always make a difference and create a positive ripple.”

Sahari Ani  
Senior Director, Red Cross Youth  
Dean, Singapore Red Cross Academy



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# THE THAI RED CROSS SOCIETY

## Country



77 Provinces

## No. of branches with activities in schools



1,823 out of 1,823 branches

## Presence of Guidelines/ Policies



Yes

## Funding



- Schools
- National Society

## Partners



- Ministry of Education of Thailand

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## Case 1: COVID-19 Response



Throughout the COVID-19 pandemic, Thai Red Cross Youth Volunteers implemented activities as well as disseminated COVID-19 related information to the public. This is performed through a variety of efforts, including the production and distribution of 300,000 fabric masks to the vulnerable in Bangkok and surrounding provinces, the upgrading of communities' first-aid facilities, the distribution of basic necessities, recruitment of volunteers for the COVID-19 Vaccination Program call center,

packing items for survivors' relief supply kit, monthly blood donation events, and creating community knowledge boards and infographics. All of these events are intended to improve morale among all members of society in order to assist them in overcoming the COVID-19 Pandemic.

To tackle the issues as a result of the COVID-19 pandemic, one of the things that the Thai Red Cross Society did was to start the "Volunteer to Conquer COVID-19" project. This initiative started when Thai Red Cross Youth Volunteers discovered community's

problems when they visited a local community in Bangkok to distribute masks. The main problems identified are self-protection measures against COVID-19 among community members and ways to cope with stress due to the pandemic. Community members informed the youth volunteers that they would like to work with the volunteers to further develop their community. Hence the Volunteer to Conquer COVID-19 initiative was born. The objectives of the project are to:

1. Alert community's members to become more vigilant toward COVID-19
2. Improve public areas of the communities
3. Restore and strengthen morale of the community's members

To achieve their objectives, the Red Cross Youth Volunteers organised multiple activities in two local communities: 1) to inform the communities about COVID-19 by developing informative (bulletin) boards and a Snakes and Ladders game to educate the community about COVID-19, 2) to help community members to protect themselves from COVID-19 and stay healthy by teaching them about the importance of wearing masks, how to properly wash their hands, and first aid training, and 3) to improve the public areas of the communities by planting fruits and vegetables in the community garden, picking up trash, and renovating the community first aid room. The volunteers also talked with the locals and played games with the children in the communities to boost their morale. A total of 300 Red Cross Youth Volunteers joined the project with 2,000 beneficiaries from this initiative.



## Case 2: Climate Change

The world has been facing the crisis of climate change, including global warming and widespread shifts in weather patterns, which dramatically increased throughout the years. The effects hurt not only the environment but also people's livelihoods. The Thai Red Cross Society acknowledges the importance of this issue and campaigns were made to effectively raise awareness in order to find a solution and prepare for the potential impacts. The public, especially the youth, has played a key role in the implementation and brainstorming of these projects.

### Cultivate the Importance of Green Space Campaign

Regarding the advent of 100<sup>th</sup> anniversary in 2021, the Thai Red Cross Youth Society created a campaign called "Cultivate the Importance of Green Space" to serve as a memento of the ideal Thai youth's disciplines, composing of voluntary acts of kindness and being an effective leader, whose determination is of value to the country



as a whole. The aim of this program is to plant 1,000,000 trees in order to provide not only a refreshing scenery for Thais but also to sustain the environment. The campaign encourages youth in the Thai Red Cross Society and Thai citizens from every region to plant trees of any size and kind, to take photos of their tree(s), and upload them onto the digital platform. By mid-July 2021, almost 2 months since the beginning of this campaign, more than half a million Thai citizens participated; and is considered a huge success. Every Thai person is strongly encouraged to join and plant trees by visiting the website, [plant.redcross.or.th](http://plant.redcross.or.th)

### Waste Mai Waste Project



In order to sensitise the community to the disastrous impacts of Climate Change and to promote knowledge and behavioural change that would mitigate the insurgence and potential impacts of disasters, the Thai Red Cross Youth Volunteers, comprising seven members, decided to take action with “Waste mai Waste” project and won the Climate: Red Innovation Competition. “Waste mai Waste”, in Thai, means "the waste will not be wasted any more".

The aim of the project is to inform, educate, and ingrain the importance of managing waste to people, especially to children and youths. It is an innovation that brings to life the process of separating waste in the form of a Virtual Reality (VR) game. In addition, the project includes the creation of a platform for players to interact and share their experiences in applying the newly acquired knowledge in their daily lives, so to inspire other players.

### The Loyal Forest Campaign

To honour Her Majesty Queen Sirikit, The Queen Mother’s 86<sup>th</sup> birthday, and the Thai Red Cross Youth’s 96<sup>th</sup> anniversary, Thai Red Cross volunteers collaborated with a network of partners and citizens in the community to plant a total of 860 trees. The volunteers also released 86,000 carp fish to their natural habitats. Adjusting the landscape with trees benefits the general public and tourists as it gives them a place to relax and travel. Planting trees and freeing fish help the environment by increasing ecological balance and diversity whether it be directly with the fish or indirectly with the trees.



## Case 3: Knowledge Sharing

During the COVID-19 pandemic, physical and psychological stress is evident within society, especially in places of poverty. Due to the sedentary lifestyle that comes with the pandemic, people also become more at risk for non-communicable disorders.



Furthermore, there is also a need for hygiene education to prevent the spread of COVID-19. Lastly, the excessive consumption of fake information on social media causes confusion in topics regarding health. As a consequence, fear and anxiety within the community surge, leading to stigmatisation and/or even violence.

**PSYCHOLOGICAL FIRST AID**

**WHAT IS PFA?**  
PFA (Psychological First Aid) is a set of skill and knowledge used to help people who are in distress, to help them to feel calm & able to cope in a difficult situation.

**HOW TO PFA?**  
Wonder to help by using PFA? Use these 3 sets of action!

**LOOK**  
- Look what has happened, is happening  
- Look who needs help  
- Look for physical injuries  
- Look for emotional reactions

**LISTEN**  
- Pay attention and listen actively  
- Accept other's feeling  
- Ask about needs & concern  
- Calm & Help the person in distress

**LINK**  
Link is helping people in distress to give them:  
- Access information  
- Access services and other helps  
- Tackle practical problems  
- Connect with loved one and social support

**DO**  
- Give emotional and practical support  
- Respect privacy, people's right  
- Trust worthy and be honest  
- If it's too hard to handle, let the doctor help

**DON'T**  
- Show disrespect, judge the person  
- Tell the person what to do, how to solve their problem  
- Make false promises, information  
- Overestimate your skills  
- Find the help in an abrupt way

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**NON COMMUNICABLE DISEASES**  
By : Passanan Bawornkraiend (MWT) email : karnpassanan@gmail.com

**CAUSES**

- 31% global death: CARDIOVASCULAR DISEASES
- 16% global death: CANCER
- TOBACCO CONSUMPTION
- UNHEALTHY DIETS (Up to 50% of Covid-19 diagnosis were in people living with...)
- HARMFUL USE OF ALCOHOL (235 M by deaths 64 M from COPD)
- PHYSICAL INACTIVITY
- DIABETES (especially Type 2)
- CHRONIC RESPIRATORY DISEASES

**KEY TO PREVENT THESE DISEASE**

**AVOID DETRIMENTAL THINGS & BE BALANCED**

EXERCISE (30 min - 3 days/week)  
EAT GOOD FOOD (WITH SUSTAINABLE PORTION)  
REGULAR HEALTH CHECK

ANYTHING THAT YOU KNOW IT MAKES YOU UNHEALTHY!!  
W E A L T H Y !!

RESOURCE : TRACY, WHO THANK YOU!! (2019/2020)

To help tackle the problem and give out accurate information, the Thai Red Cross Society created an online learning project called “Thai Red Cross Youth Learn & Share” through Google Classroom. The program comprises five courses: non-communicable disease, stigma, hygiene, psychological support, and violence prevention. Its objective is to give youths the opportunity to learn about health or COVID-19 topics, as well as to share their gained knowledge with others virtually. Youths enrolled in the courses need to pass the quizzes and create a final project (infographic or video) summarizing their interested topics as group work. They are also encouraged to share their work on Facebook and tag #SHARE2021, commencing on 8 May 2021 in honour of World Red Cross Day, so that the butterfly effect will be created and other people will learn from them. At the end of June 2021, 204 RC youths engaged in the project, producing 194 summaries for 3,395 public readers

## Case 4: Youth Training

Health is one of the most important, if not the most important issue in life. For this reason, the Thai Red Cross Society offers a Youth Training Program to all of its volunteers. The program has two modules, which are First-aid and Elderly Care Training. The courses provide skills for Thai youth to effectively tackle urgent health conditions (e.g. breathing difficulties, accidents, and bleeding wounds). Underlining the motto,





“being an intelligent and all-rounded person with a good heart as a basis,” the training accentuates the importance of blood donations to assist and promote people’s quality of life.

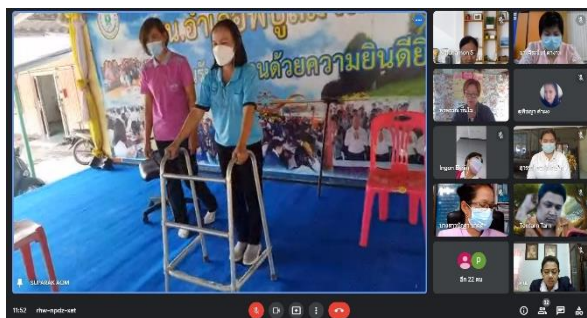
The courses for youth are as follows:

1. Basic Training Course for RCY volunteers
2. First Aid Training Course
3. CPR & Choking Training course
4. Elderly Care Training course

The courses for lecturers, executives, or teachers are as follows:

1. Red Cross Youth Volunteer Club Advisory Course
2. Training Program for the RCY Trainers
3. Training Program for the RCY Instructors
4. Training Program for the RCY Administrators

In 2020, a large number of Thais, consisting of 37,360 trained youth from the Thai Red Cross Youth Society were helping people in communities. During the COVID-19 pandemic, our youth were made available for Thai citizens both in urban and rural areas, acting as supporters who were ready to provide any assistance. A report indicates that 316,886 Thais have received assistance from our youth’s voluntary services.



Due to the COVID-19 pandemic, the Thai Red Cross Society has adjusted its training courses to virtual classrooms such as google classroom and websites. Not only does this help ensure social distancing, but it also allows people from all over Thailand to participate. Furthermore, these trainings help to increase individuals' skills and knowledge at their convenient time.

In 2021, 3 main courses were organised virtually:

1. Basic training course for RCY volunteers
  2. First Aids Training Course
  3. Elderly’s Care Training Course
-



International Federation of Red Cross & Red Crescent Societies (IFRC)

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