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A Magazine for the Families of the Nanaimo Ladysmith School District



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## 1,100 secondary students learn lifesaving skills



## ...lifesaving skills

“Knowing that you have the ability to save someone else’s life is a very powerful thing,” shares a student trained through the ACT High School CPR and Defibrillator Program.

### *About the ACT Foundation*

The ACT Foundation is the national charitable organization that is establishing the CPR and AED program in Canadian high schools. The program is built on ACT’s award-winning community-based model of partnerships and support, whereby ACT finds local partners who donate the mannequins and AED training units that schools need to set up the program. Secondary school teachers then teach CPR and how to use a defibrillator as a regular part of the curriculum, reaching all youth prior to graduation.

To date, more than 2.9 million youth have been trained in CPR by their teachers through this lifesaving program. ↪



For more information about the ACT Foundation and rescue stories, visit [www.actfoundation.ca](http://www.actfoundation.ca)

# Library News

Last spring, the Human Library at Dover Bay Secondary was a success. The school hosted books with titles such as Queer Transgender Man; Ex-Offender; Sikh religion; Person living in low barrier housing (ex-homeless); Quadriplegic; Paraplegic; Baha’i faith; Special Olympics athlete; Chinese Culture; Immigrant from Turkey; Blind Person; Children and Youth Who Witness Abuse; Senior Citizen and more. Feedback was very positive from both the participants and the students.

At a secondary school, this event is particularly valuable as a way to put a real face to a label. It helps students humanize those who represent what might normally be just a concept. People representing various stereotypes become approachable to students because the set up encourages very small groupings where students can ask questions.

It is a rare chance to meet a variety of people with various stereotypes all in one location and learn that these people are valuable to society no matter their stereotype or struggle.

“I thought it was very unique being able to speak to all of these different people and to hear their life story. I learned a lot and I have gained more respect for all of these people.” (Dover Bay Student)

“I learned that we take things for granted that others have to work hard for.” (Dover Bay Student)

“...it was an excellent experience for both. All the students were really respectful, and they were also active listeners.” (Human Library Book) ↪

**Thanks to all students and staff who helped make the day a success!**