

# DRCY Tool – Psychological First Aid for young peers

Psychological First Aid (PFA) is a well-known methodology within the Red Cross Movement. PFA is a structured way of supporting someone who needs help without making them dependent, and it has proven to be very efficient in helping people cope with trauma and crisis. PFA is not something only professionals can do. PFA for Young Peers involves reaching out, listening to, and caring about a person in difficulty and if needed providing practical help. But it is also about setting boundaries and taking care of yourself as a volunteer. PFA can be useful during large scale events and humanitarian crisis, but also on an individual basis such as dealing with mental health issues, abuse, family crisis, etc.

How do you reach out to a peer in distress? What do you say to your peer who just lost a family member? And how do you link them up with the help they need?

Danish red Cross Youth has developed a specialized training focusing on empowering youth as PFA supporters. Large scale and individual crisis affect young people differently. For young people peer relationships are nonetheless very important, and we know that young people often prefer to share their problems with their peers and friends rather than adults. The idea with this PFA training for Young Peers is that young peers can help and support each other by using PFA.

Danish Red Cross Youth (DRCY) supports National Societies in working with PFA for Young Peers.

DRCY can send trainers (staff and volunteers) to provide the training of local facilitators and can assist in contextualizing the PFA methodology to fit the thematic focus and the specific target group. The PFA principles are based on IFRC's Reference Centre for Psychosocial Support.

## 3 Psychological First Aid FOR YOUNG PEERS PRINCIPLES

**1 LOOK**

Create a safe space  
Reach out  
Uncover the facts



*Hi, my name is X  
Can I sit with you?  
Can you tell me what's going on?*

**2 LISTEN**

Pay attention to feelings and needs  
Recognise reactions and feelings  
Calm the person in distress



*How are you feeling?  
I can see you are hurting right now.  
What do you need?*

**3 LINK**

Find next steps together  
Give practical help  
Connect with loved ones or professional help if needed



*How do you usually find comfort? Energy to recharge?  
Is there someone we can call?*

### About Danish Red Cross Youth

The Danish Red Cross Youth is Denmark's largest humanitarian youth organization with more than 10.000 children and young people participating in our activities. We have more than two decades of pioneering experience in developing youth engagement, implementing trainings of youth and strengthening leadership skills for young RC/RC volunteers.