



Bleed Control Education

Developing a Change Mindset

This book serves as a guide for young people, helping them understand the intricate systems of the human body and the catastrophic impact that disrupting those systems can have. Through an immersive 4-dimensional learning experience, students are challenged to control bleeding using the Daniel Baird Bleed Control Kit. Moreover, this book aims to cultivate a growth mindset in young individuals, empowering them to embrace change and make better decisions, particularly when faced with heightened conflicts.

In addition to the practical skills and mindset development, this book introduces the "Five Stages After a Violent Act," a psychological theory crafted by the author, Anthony Lane Peltier. This theory elucidates the various stages that perpetrators go through following the commission of a violent act. By exploring these stages, young people can gain valuable insights into the complex emotional journey associated with such actions.

Overall, this book aims to educate and empower young individuals, equipping them with the knowledge, skills, and understanding necessary to navigate conflicts responsibly and choose non-violent paths.