

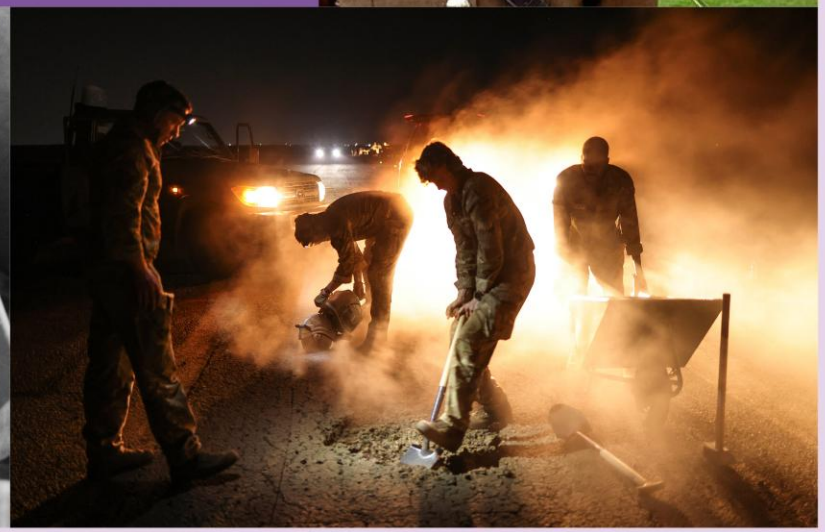
2026



Remembrance: Keeping us safe

Key Stage 3 (11–14 Years)





ROYAL BRITISH LEGION

Today we're going to:

Learn who is in the Armed Forces community

Today we're going to:

Learn who is in the Armed Forces community

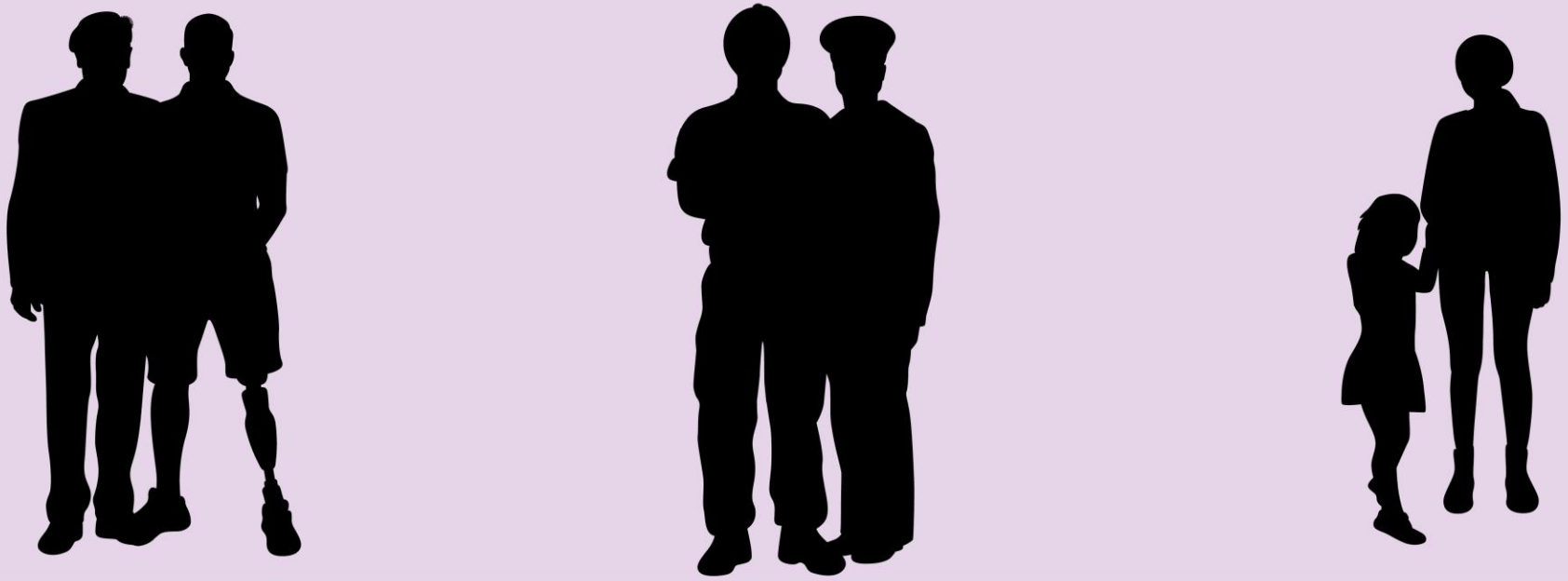
Understand what service is, and how it keeps us safe

Today we're going to:

- Learn who is in the Armed Forces community
- Understand what service is, and how it keeps us safe
- Explore Remembrance and how you can take part in it

Who are the Armed Forces community?

The Armed Forces community is made up of three groups



Can you guess who they are?

The Armed Forces community

The Armed Forces community is made up of:







The Armed Forces community

The Armed Forces community is made up of:



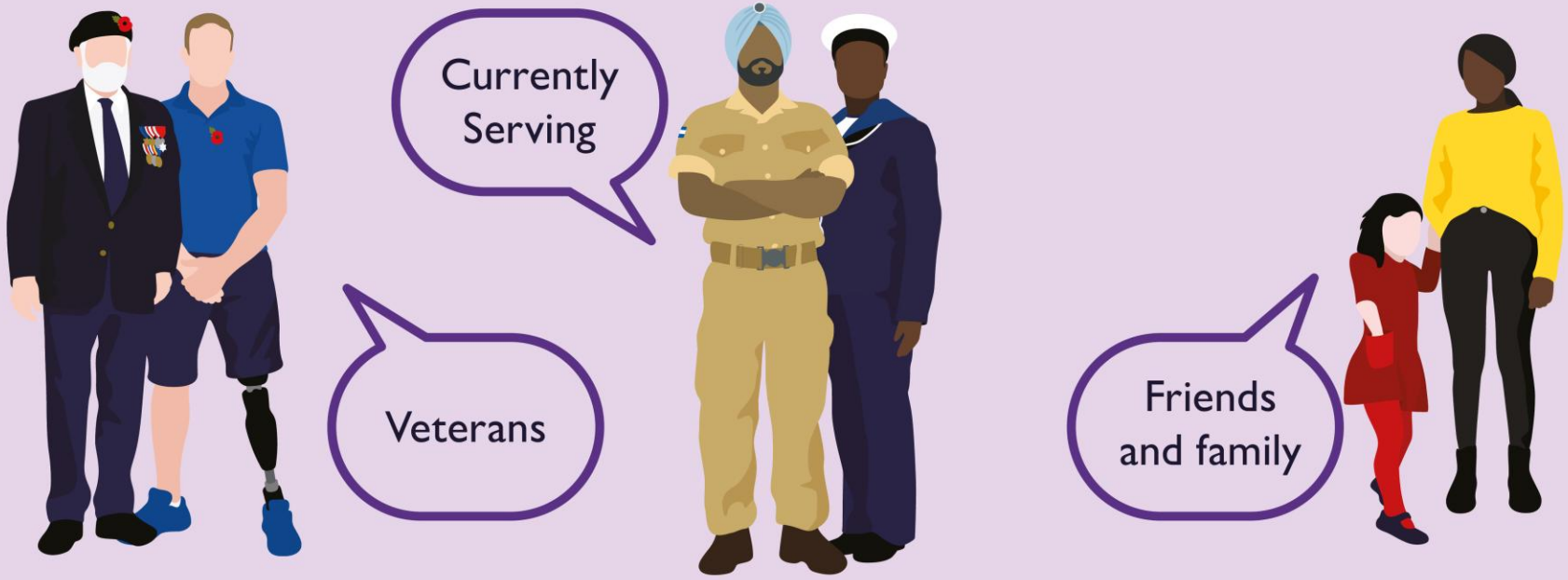
The Armed Forces community

The Armed Forces community is made up of:



The Armed Forces community

The Armed Forces community is made up of:



The Armed Forces community

The Armed Forces community is made up of:



The Armed Forces community live all over the world, but they have an important thing in common…

What is service?

Everyone in the Armed Forces community is affected by service.

Service is working to help keep people safe. The Armed Forces do this by:

What is service?

Everyone in the Armed Forces community is affected by service.

Service is working to help keep people safe. The Armed Forces do this by:

Defending the UK and other countries from threats



What is service?

Everyone in the Armed Forces community is affected by service.

Service is working to help keep people safe. The Armed Forces do this by:

Defending the UK and other countries from threats



Bringing supplies during emergencies



What is service?

Everyone in the Armed Forces community is affected by service.

Service is working to help keep people safe. The Armed Forces do this by:

Defending the UK and other countries from threats



Bringing supplies during emergencies



Repairing after bomb damage



What service means for…

Veterans – they have Served in the past – they might have both good and bad memories, as well as physical or mental health injuries.

What service means for…

Veterans – they have Served in the past – they might have both good and bad memories, as well as physical or mental health injuries.

The Armed Forces – they are Serving now – they do difficult jobs, sometimes in dangerous places. They have to spend a long time away from home and can get hurt while they are keeping other people safe.

What service means for…

Veterans – they have Served in the past – they might have both good and bad memories, as well as physical or mental health injuries.

The Armed Forces – they are Serving now – they do difficult jobs, sometimes in dangerous places. They have to spend a long time away from home and can get hurt while they are keeping other people safe.

Friends and family – they have to spend a long time away from someone they care about. They might be worried about their safety, but proud of their service.

Lydia's service

This is WAAF Corporal Lydia Alford.

In 1944 she became the first British servicewoman to be sent into Normandy.

Lydia was an air ambulance nurse, known as a 'Flying Nightingale'. She treated injured soldiers being flown back to Britain from Normandy after the D-Day landings.

She kept people safe thousands of feet up in the air, working long hours in dangerous conditions.





Christine's service

This is Major Christine Duffy. She is a nurse, a British Army Reservist and a mum.

When she finished school, she decided to become a nurse, and she never looked back – *"I think it was just meant to be."*

For 35 years Christine has been working to keep people safe. She has looked after refugees, soldiers and civilians in different places around the world, including Afghanistan and Somalia.

Christine's service

In 2021 Christine became a Queens Nurse, which means she has been recognised as excellent at her job. But she's not done yet...

Learning never stops for Christine – now she's studying at university as well as being an Army Reservist.
She is ready to keep people safe whenever and wherever they need her.



Remembrance

Remembrance is about saying thank you to the Armed Forces community.

When we take part in Remembrance, we are thanking people like **Lydia** and **Christine**.

We are saying thank you to their families and friends.

We are saying thank you for keeping us safe.





How can you remember?

There are lots of different ways to remember.







Remembrance is for everyone

You don't have to be part of the
Armed Forces community to remember them.

You can remember in any place,
at any time, and in any way.

Remembering together

One way we can remember is the Two Minute Silence.

During the silence, you could think about:

- The Armed Forces community
- Lydia or Christine
- Someone you know

Who you remember is up to you.



What do you know about

The Armed Forces community?

Service and how it keeps us safe?

Remembrance and the different ways we remember?





Registered address: Royal British Legion, Haig House, 199 Borough High Street, London SE1 1AA

Registered charity number in England and Wales 219279 and Scotland SC054446