



# Bleeding heavily



Role play cards: **Bleeding heavily**

## What's happening?

It's late Sunday morning and two young people are helping their parent cook Sunday lunch. There is a lot to do so the three of them are working hard to prepare the main course and dessert.

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## Ideas for staging

- Create a kitchen scene by rearranging tables to use as worktops.
- Start with everyone busy with their tasks.
- Make a simple cardboard knife for the parent to use.
- Have some t-shirts and tea towels on one worktop or hang them on a chair.

## Roles

- Below are a range of roles - in small groups, each choose a character to play. Ensure each person in the group has a chance to play the role of each character. Or, read through the scenario as a story.
- Spend time getting in and out of role.

## Debrief

- Afterwards, spend some time discussing the story. You could think about:
  - What happened to the person who was bleeding heavily? What signs of bleeding heavily did they show?
  - How did the helper help them?
  - What did the bystander do? What could they do in future to become a helper?

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### Parent

This person is preparing Sunday lunch for their family. They're sharpening a kitchen knife. One of their children asks if it's time to put the main dish in the oven.

They get distracted. They miss the sharpener and slice their forearm with the knife. Blood is flowing heavily out of the wound.

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### Helper

This person is helping their parent prepare Sunday lunch.

They ask if it's time to put the main dish in the oven. Their parent slips and they cut their own arm. They look around and remember there is a clean tea towel in the drawer. They grab it and press hard on the bleed.

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### Bystander

This person is also helping their parent prepare Sunday lunch.

They're washing fruit to make dessert. It's busy in the kitchen. They turn around when they hear their parent cry out in pain.

They see that they have cut themselves. It looks bad but their sibling has acted very quickly.

