



Head injury



Role play cards: **Head injury**

What's happening?

Some friends are at a crowded skate park. Two of them have been skating for years and know what they're doing. Another has come along to see what it's all about. The newcomer is impatient to get started.

Role play cards: **Head injury**

Ideas for staging

- Use a real skateboard and helmet as props if you can, but don't ride the skateboard as part of the role-play.
- 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.
- Afterwards, spend some time discussing the story. You could think about:
 - What happened to the person with a head injury? What signs of head injury did they show?
 - How did the helper help them?
 - What did the bystander do? What could they do in future to become a helper?

Roles

Debrief

Role play cards: **Head injury**

Person who gets hurt

This person wants to impress their mates and asks to have a go on one of their skateboards. They insist that they'll be fine on the ramp.

They take a board but don't pick up the helmet.

They fall off the skateboard and hit their head. It was more difficult than it looked. They're in pain, feel dizzy, and have a lump on their head.

Note: If you decide to perform this, don't really get on a skateboard. Don't really bang your head.

Role play cards: **Head injury**

Helper

This person is at the skate park with a couple of friends. One of their friends hasn't skated before and doesn't have their own board. They ask to borrow theirs.

They give their friend their skateboard, but not their helmet. Their friend skates the ramp but falls badly, hitting their head on the floor. They look dazed and in pain. They know that there is a shop nearby with a small freezer section. They see that their friend looks really dizzy and they are worried. They know they need to go and get something cold to put on the bump but they also don't want to leave their friend. They decide to run to the shop and ask their other friends to call 111 for some advice.

Role play cards: **Head injury**

Bystander

This person is at the skate park too. One of their friends doesn't really know how to skate but wants to try it. They borrow their friend's board, but not their helmet. They watch their friend fall off the board and hit their head.

