Role-play card - practise

Unresponsive and not breathing.

The scene

Two siblings go next door to visit a neighbour who finds it difficult to go out. They know him/her well, and their parent is at home next door. They are taking him/her some shopping, as they do every week.

Staging and prop suggestions

Have some full shopping bags.

You need enough space to show where the two houses are.

**The roles**

Below are a range of roles – in small groups, the children can choose which character they will play. Ensure that each person in the group has a chance to play the role of each character. Alternatively, learners can read through the stories together and discuss the characters and situations.

Spend time getting in and out of role. For more guidance on how to do this see our guidance on creating safe, inclusive and supportive learning environments.

**Debriefing**

After learners have role played or read through the stories, spend some time debriefing. Give them space to share their thoughts and ask any questions they have. Remind them of the anonymous question box and where they can find further support if needed.

Stimulate discussion by asking learners:

* What happened to the person who is unresponsive and not breathing. What are the signs of being unresponsive and not breathing?
* Who helped in this situation and what did they do to help?
* What did the bystander do? What could they do in future to become a helper?

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## Role one - Sibling

### This person is with your sibling, taking some shopping to their neighbour. Their mum makes them do this every week, and they’re thinking about how they wish they were playing their new computer game instead.

### When they knock on the door, there is no answer, but the neighbour is expecting you. They think the neighbour might be watching TV and hasn’t heard them, so they go to the back door. When they approach the back of the house, they see their neighbour is collapsed in the garden.

### They don’t know what to do.

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## Role two - Helper/sibling

### They are with their sibling, taking some shopping to their neighbour. They like visiting their neighbour – the neighbour is kind and the sibling knows they enjoy their visits.

### When their sibling knocks on the door there is no answer, so they both go to the back of the house to see if the neighbour is watching TV and simply hasn’t heard the door. They find their neighbour collapsed in the garden.

### This person tries to stay calm and remember what to do. They check for breathing. The neighbour is not breathing, so they shout for their parent next door. They call 999 and put it on speaker phone to talk to the operator as they start to give the neighbour chest compressions. Their parent arrives, and they tell their parent to take over and continue giving chest compressions as they talk to the person on the phone.

### Important: Never press on someone’s chest if they are well, as this may cause them harm. If you want to practice this action, use a manakin.

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## Role three - Neighbour

### This person is unwell and has collapsed in their garden. They are lying on the floor on their back. When anyone tries to wake them, they don’t respond.

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## Role four - Parent

### This person picks up some shopping for their neighbour each week, and have just sent your children next door to deliver it. They usually stay for a drink and a chat, as the neighbour is like family.

### Suddenly, they hear one of the children shouting for help. They go to them and see what is happening.

### Important: Never press on someone’s chest if they are well, as this may cause them harm. If you want to practice this action, use a manakin.

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Alternatively, use the scenario from the [unresponsive and not breathing film](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/unresponsive-and-not-breathing).

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## Summing up

## After the debrief, remind learners that the key action when someone is unresponsive and not breathing is to call 999 and tell an adult immediately, and then give chest compressions.

## Now move on to [the share section](https://firstaidchampions.redcross.org.uk/primary/share/) to remember and share the learning for this skill.