

16. Unresponsive and not breathing

Group size	Suggested timing	Method
 Whole group or small groups	 30 minutes	 Discussion and film

What you need



Unresponsive and not breathing film 'Kelly's story' and the unresponsive and not breathing animation



Learner skill guide 'helping someone who is unresponsive and not breathing'

Learning objectives

- Learn first aid skills and about basic treatment for common injuries
- Feel confident to help someone who needs first aid
- Learn about helping others and kindness

Overview

Young people learn about someone who is unresponsive and not breathing and what this means. They then learn the steps to helping and the key action to take when someone is unresponsive and not breathing.

Preparation

Ensure you play films and display or print off the Learner skill guide 'helping someone who is unresponsive and not breathing'.

How to run the activity

1. Start with these questions to establish prior knowledge and to open the topic. Ask young people:

- What does unresponsive mean?

This is when someone is not moving and doesn't respond when you call their name or shake their shoulders.

- How can you check if someone is breathing?

Tilt their head back and look at their chest or stomach to see if it is moving. Look, listen and feel for breaths on your cheek.

If they are not breathing, their chest or stomach will not move. You won't hear or feel signs of breathing.

- Have you ever seen someone who is unresponsive and not breathing? Possibly on TV or in a film?

Make sure young people know they don't need to share if they find a story upsetting. But if they want to share they can as they are going to learn how to help someone who is unresponsive and not breathing.

- What feelings might there be when someone is unresponsive and not breathing?

It can be very worrying when someone is unresponsive and not breathing. It is okay to feel worried, but it's very important to act quickly to help them and to try to stay calm.

- What can you do to help someone who is unresponsive and not breathing?

Explain that in the next part of the activity the group are going to learn how to help someone who is



unresponsive and not breathing. But the key action to take to help is to give chest compressions.

2. Explain that you are going to learn what to do when someone is unresponsive and not breathing. [Watch Kelly's film](#) about what happened when she found her nan unresponsive and not breathing. Ask learners how confident do learners feel to help someone who is unresponsive and not breathing? And discuss the questions at the end of the film.
3. You can use the suggested prompt questions below to draw out the learning from the film.
 - What was happening in Kelly's story?
 - What did Kelly do when she found her nan?
 - How might Kelly have felt? Think about Tom next door, how might he have felt?
 - What is the action that Tom took to help? From Kelly's description, what else were they good at? What qualities did they show? What can you learn from this? How could you use it?
4. Show the short-animated film on **unresponsive and not breathing**, this shows what happens in the body when someone is unresponsive and not breathing and gets chest compressions.
5. Display or hand out the Learner skill guide 'helping someone who is unresponsive and not breathing'. In small groups, or as a whole group look at the learner skill guide and discuss again how they can identify if someone is unresponsive and not breathing and what they would do to help.
6. Individually, or in small groups choose one of the creative tasks below to complete the activity:
 - Write or create a poster of how to identify if someone is unresponsive and not breathing and the key action to take to help them remember.
 - Create your own story about helping someone who is unresponsive and not breathing. They could map this out in pictures with text alongside, like in Kelly's story, or just as a written story. They could also create their story as a PowerPoint or as a short animation, ensure that young people show the key action to take to help someone who is unresponsive and not breathing and get this across as part of their story. They can then share with the rest of the group – time allowing.

Summing up

- Remind the group that the most important thing to do is to give chest compressions.
- Now practise how to help someone who is unresponsive and not breathing, with the first aid skill – practise activity ideas.