# Skill-Building Challenge Worksheet: Healthy Communication

Name: Blank Class: Blank Date: Blank

Practice what you would say if you had to call 911 in each of the following situations.

* A friend suddenly stands up at lunch and grabs her throat. She isn’t speaking or making any noise.
* You and a friend are out for a jog when he begins complaining he is having difficulty breathing and experiencing pain in his stomach and chest. He suddenly falls to the ground.
* Your teammate passes out at practice on a hot day in summer. You notice that her skin is pale and feels clammy.

After you have practiced your call to 911, explain to a classmate the steps you would take in each situation while waiting for EMS to arrive. Then determine what could have been done to prevent each scenario from happening.