Package 3 note and implementation:

Things to note:

For this script to work you must create a GameObject separate to your playable character, place it within your character set up a box collider too whatever range u wish for your player to be hit at. For usefulness I suggest renaming this object to something like "TakingDamage". Then turn of the mesh renderer for this object and parent it to your playable character. The enemy or the object that you wish to hurt the player must have a Rigidbody and a BoxCollider for this to work. Furthermore, since this is a on trigger enter function the "TakingDamage" objects BoxCollider must have the Is Trigger button ticked.

Another thing to note ThePlayer naming convention should be changed to whatever your playable character is called. The player should also have a Rigidbody attached to it. Once you have attached the script to the "TakingDamage" GameObject then drag that GameObject to the variable in the inspector tab.