

# RISK-TAKING BEHAVIOR



**Time Required:** 30-45 minutes

## **Principles:**

- Students will understand safety and survival skills and apply coping strategies.

## **Objectives (Students will...):**

- Identify at-risk behaviors that challenge young adults and set healthy goals in those areas.

**GOAL: Students will understand how safe and healthy life choices affect their lives and become familiar with resources that are available to manage life-changing events.**

## **Activity Statements:**

- Students will utilize, evaluate, review, and refine decision-making skills referencing dangerous risk-taking behaviors.
- Students will address personal/safety issues and management of life changing events through discussion and written assessment.

## **Materials:**

1. URL for Sexting: <http://www.youtube.com/watch?v=iUaxzfPMrD4>  
URL for Why teens take risk: <http://www.youtube.com/watch?v=hFCdohifkRU>
2. Handout 1 -- "Presentation Review Assessment"

## **Procedures:**

1. Introduce videos.
2. Show video.
3. Divide students into small groups and ask each to discuss one thing he/she learned or one interesting point from the presentation/video. Ask if any feel they have taken risk before.
4. Distribute "Presentation Review Assessment" worksheets. Discuss when complete.

## **Discussion:**

1. How do safe and healthy life choices affect our lives?
2. What resources are available to manage life-changing events?

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## Additional Resources:

*Youth Risk-Taking Behavior: The Role of Schools*

<http://smhp.psych.ucla.edu/pdfdocs/policyissues/risktaking.pdf>

*Adolescent Perceptions of Their Risk-Taking Behavior*

[http://findarticles.com/p/articles/mi\\_m2248/is\\_n115\\_v29/ai\\_16423342](http://findarticles.com/p/articles/mi_m2248/is_n115_v29/ai_16423342)

## Extension Activities:

Teacher will refer student to appropriate resources with student concerns.

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