

Resource 1 (Activity 2)

Framework For Assessing And Managing Risk

The following questions can help you to consider all aspects of a risky situation, so that you behave in a way that feels comfortable and right for you.

1. IDENTIFY THE RISK

What is the actual risk?

2. ASSESS THE CONSEQUENCES

What could be the positive outcomes?

What could be the negative outcomes?

3. TAKE OTHER IMPORTANT THINGS INTO ACCOUNT

What else could affect the situation?

Who else do I need to think about?

4. DECIDE ON A COURSE OF ACTION

What will be the best thing to do to get what I want with the least amount of harm?

Resource 2 (Activity 2)

What Should You Do?

1. You often go over to your friend's house and hang out. One day while their parents are out, you and your friend are chatting with his sixteen year old brother. He makes you all a drink and then takes out a packet of cigarettes and offers it around. Your friend is keen to try but you are not sure. You do not want to look childish, but you don't like the smell of cigarettes and you know your parents would go mad. Your friend says, 'One won't do you any harm!'

2. You have just moved to a new town and don't know anyone. So, when a classmate invites you to his house after school, you are delighted. When you get there he gives you some Tippex thinners and says you should try it. You do not want to lose his friendship, but you have heard people have died from sniffing solvents and you decide to say no. However, he keeps on at you and starts calling you 'chicken'.

3. You are outside a shop when a group of people your own age come rushing out pursued by an angry shopkeeper. They run off, but the shopkeeper mistakes you for one of them, grabs you and starts shouting at you, accusing you of causing a disturbance in his shop. There is no one around to say that you were outside the shop already before the group of people appeared.

4. In your class, anyone who works hard or does well is ignored or considered boring. You like studying and do very well academically in school. However, you don't want to be left out and have noticed that your friends don't talk to you so much anymore and you're left out of invitations to meet up outside school. You feel rejected and lonely.

5. You've met up with your group of friends at one of their houses. You've had good fun and stayed for much longer than you expected. It is now dark and you are worried about walking home in the dark. The problem is that you don't want to ring your mum to pick you up because you know your friends will laugh at you and call you the 'wee baby'. You are the only one in your group who is not allowed to walk home at night and it embarrasses you.

6. You really fancy someone and have done for ages. They don't seem interested in you and you are convinced it is because you are too fat. You think that if you were thinner you would have more chance of gaining their attention. You start skipping meals, doing lots of exercise and sometimes you make yourself vomit when you think you've eaten too much. Your parents are worried about you and want you to see a counsellor, but you are pleased that you're losing weight - they just don't understand.