

**Violence and Risk Taking Behaviour**

<b>Public Profile</b>		<b>Catholic Profile</b>	
Unit #3	Activity #6	Unit #2	Activity #4
Teaching Learning Strategy #3		Teaching Learning Strategy N/A	

**Teacher Resource (Background Information and Answer Sheet)**

**Instruction:**

Emphasize that “weighting” advantages and drawbacks are one way to determine whether a risk is worth taking. Discuss risk taking behaviour using open-ended questions (e.g., is “weighting” a good way to determine whether a risk is worth taking? Are there any other ways to determine whether a risk is worth taking?).

<b>Risk Taking Behaviour</b>	<b>Perceived Advantage</b>	<b>Drawbacks</b>	<b>Consequences</b>
<i>Taking Drugs</i>	<ul style="list-style-type: none"> <li>• Escape</li> <li>• Fit in with peers</li> <li>• Get high</li> <li>• Feel good/more confident</li> </ul>	<ul style="list-style-type: none"> <li>• Dangerous</li> <li>• Feel sick/affect your health</li> <li>• Expensive</li> </ul>	<ul style="list-style-type: none"> <li>• Could lead to dependence/addiction</li> <li>• Illegal/ could get arrested and charged</li> <li>• Grounded by parents</li> <li>• Could lose your job</li> </ul>
<i>Drinking Alcohol</i>	<ul style="list-style-type: none"> <li>• Escape</li> <li>• Fit in with peers</li> <li>• Feel good/feel more confident</li> </ul>	<ul style="list-style-type: none"> <li>• Expensive</li> <li>• Feel sick/alcohol poisoning</li> <li>• Peer pressure to drinks</li> <li>• Impairs judgement (e.g., may do things you would not normally do)</li> </ul>	<ul style="list-style-type: none"> <li>• Could lead to dependence</li> <li>• Illegal if underage</li> <li>• Get grounded by parents</li> <li>• Increase in risk taking behaviours (e.g., fighting unprotected sex, sexual assault, drinking and driving)</li> </ul>
<i>Operating a Motorized/ Unmotorized Vehicle while Impaired (e.g., alcohol, distraction, overcrowding)</i>	<ul style="list-style-type: none"> <li>• Fun</li> <li>• Feel like you fit in</li> <li>• Thrilling</li> <li>• Feel like you do not miss anything</li> </ul>	<ul style="list-style-type: none"> <li>• Dangerous</li> <li>• Endanger others</li> <li>• Youth tend to ride around together in groups which compounds the effects of a drinking and driving tragedy</li> <li>• Impairs judgement</li> </ul>	<ul style="list-style-type: none"> <li>• Get charged/get arrested</li> <li>• Lose your driving privileges</li> <li>• Get grounded by parents</li> <li>• Someone could get killed</li> </ul>

<b><i>Skipping School</i></b>	<ul style="list-style-type: none"> <li>• Do not have to go to class</li> <li>• Fit in with your peer group</li> </ul>	<ul style="list-style-type: none"> <li>• Fall behind in school</li> <li>• Miss out on fun new activities (e.g., guest speaker or field trips)</li> </ul>	<ul style="list-style-type: none"> <li>• Could get grounded</li> <li>• Could get suspended from school or possibly expelled</li> <li>• Could fail</li> </ul>
<b><i>Cheating</i></b>	<ul style="list-style-type: none"> <li>• Adrenaline rush</li> <li>• Self-esteem booster</li> </ul>	<ul style="list-style-type: none"> <li>• Could feel guilty</li> <li>• Fear of getting caught</li> </ul>	<ul style="list-style-type: none"> <li>• Could get grounded</li> <li>• Could fail or be suspended</li> </ul>
<b><i>Stealing</i></b>	<ul style="list-style-type: none"> <li>• Adrenaline rush</li> <li>• Self-esteem booster (e.g., if you're stealing clothes)</li> <li>• Fit in with peer group</li> </ul>	<ul style="list-style-type: none"> <li>• Could feel guilty</li> <li>• Fear of getting caught</li> </ul>	<ul style="list-style-type: none"> <li>• Could get grounded</li> <li>• Could get charged</li> <li>• Could get a criminal record</li> </ul>
<b><i>Smoking</i></b>	<ul style="list-style-type: none"> <li>• Fit in with peer group</li> <li>• Feel like you fit into the society as a whole since it seems like it is the norm</li> <li>• Enjoyable/feels good (after you get used to it)</li> <li>• Stress reliever (after you get use to it – it is actually a stimulant)</li> <li>• Better able to concentrate</li> <li>• Decreases food consumption</li> <li>• Feel grown up</li> </ul>	<ul style="list-style-type: none"> <li>• Expensive</li> <li>• Very harmful to your health in the short term and the long term</li> <li>• In order to fit in you may feel pressured to smoke</li> <li>• Smell (e.g., clothes, hair and body)</li> <li>• Stained fingers and teeth</li> </ul>	<ul style="list-style-type: none"> <li>• Addicted/dependent</li> <li>• Causes disease and death</li> <li>• May feel ostracised when around groups that do not smoke</li> </ul>
<b><i>Not using appropriate equipment for recreational activities or organized sport (e.g., helmets, wrist guards, kneepads, etc.)</i></b>	<ul style="list-style-type: none"> <li>• Adrenaline rush</li> <li>• Fit in with peer group, cheaper (e.g., do not have to buy equipment)</li> </ul>	<ul style="list-style-type: none"> <li>• Could get hurt or killed (e.g., head injuries)</li> </ul>	<ul style="list-style-type: none"> <li>• Could get charged</li> <li>• Could be permanently injured</li> </ul>

Adapted with permission from Toronto Public Health, *Party in the Right Spirit: Liability Workshop*, 2001.