

Healthy and Risk Behaviours

Healthy Behaviours

A healthy behavior benefits yours and/or someone else's health

Risk Behaviour

A risk behaviour could potentially harm yours and/or someone else's health



ASSESSING RISK SPECTRUM

You and a classmate will read each situation card and decide where it belongs on the Assessing Levels of Risk Spectrum below.



Understanding Healthy and Risk Behaviours: Assessing Risk Spectrum - Situation Cards

You and a classmate will read each situation card and decide where it belongs on the Assessing Levels of Risk Spectrum that was provided to you from your teacher.

Picking up discarded objects outside

Accepting suspicious food or drink from someone

Taking medication from a bottle with a missing label

Sniffing gasoline every day

Sharing prescription medication with a friend

Vaping with a group of students at lunchtime

Operating an oversized ATV without a helmet

Storing medication properly

Taking medication prescribed to another family member

Trying alcohol you find at home in a cupboard

Using someone's inhaler

Picking up an empty vape container

Taking medication without reading the instructions

Following direct instructions when taking medications

Drinking alcohol underage

Talking to strangers online

Using cannabis while driving

Taking vitamins according to directions

Name: _____

Understanding Healthy and Risk Behaviours: Exit Reflection Card

What are some of your healthy behaviours which you would like to continue?

What are some behaviours you would like to improve and make healthier?

How Will Gabe Get Home?

Gabe and his friend are building a fort in the woods near Gabe's house. Since it is starting to get late, the friend's older brother, Ben, drives up on his ATV to give Gabe and his friend a ride home. The brother is smoking a joint that contains weed or pot (cannabis). He asks Gabe and his friend to get on the ATV so he can take them home. He only has one extra helmet for his sister, so Gabe would have to ride without a helmet.

How should Gabe FACE this situation?

Feel

1. How would Gabe feel in this situation?



2. Why would Gabe feel this way?

Assess

3. What are some unhealthy behaviours in this scenario?

Choose

4. What is the safest choice Gabe can make?

Evaluate

5. What can Gabe do instead of accepting the ride?

Fitting In or Saying No?

Travis, a Grade 5 student, goes to the washroom during lunch one day. He sees a few friends from the drama club huddled in the corner of the washroom, so Travis decides to go see what they are doing. Travis notices that they are drinking hand sanitizer. His friends tell him to try the hand sanitizer because it will make him feel good.

Travis wants to fit in with this group of kids so he does not want to say no.

How should Travis FACE this situation?

Feel

1. How would Travis feel in this situation?

2. Why would Travis feel this way?



Assess

3. What are some reasons people may drink a household substance such as hand sanitizer?
4. What are some harms related to using household products such as hand sanitizer?
5. What are some unhealthy behaviours in this scenario?

Choose

6. What is the safest choice Travis can make?

Evaluate

7. What can Travis do instead of drinking the hand sanitizer?

8. What can Travis do if he tries the hand sanitizer?

Sleep or Study?

It is late and CJ, a Grade 5 student, has a math test in the morning. CJ is tired and cannot seem to stay awake to study for the test. They remember that there is an energy drink (RedBull) in the fridge. CJ saw on social media that energy drinks may help you stay awake.

How should CJ FACE this situation?



Feel

1. How would CJ feel in this situation?

2. Why would CJ feel this way?

Assess

3. Why should children and teenagers not drink energy drinks?

4. What might happen if CJ goes to sleep instead of studying?

Choose

5. What is the safest choice CJ can make?

Evaluate

6. What can CJ do instead of drinking the energy drink?

Making Choices: Healthy and Risk Behaviours

Exit Reflection Card

Reflect on the discussions you had with your peers as you worked through each scenario.

Have you or do you know anyone who has been in a similar situation?

What advice would you give them?

Think about situations where you could use the FACE Decision-Making Model to help you make decisions. Share your examples with a classmate.