

Risky Situations: General Personal Safety Practice

Name: _____

Instructions: Read about each situation. Answer the questions after each situation, making careful, health-promoting decisions.

Situation 1

Your new neighbor and you are planning to ride your skateboards through the park. You walk to his house, all ready to go. He takes one look at you and starts laughing. He says, “Take off that stupid helmet. You look like an idiot. And those knee and elbow pads—gimme a break!”

List the potential risk or risks to personal safety:

How did you recognize the risk(s)?

What is the best, health-promoting alternative?

Tell what one positive consequence of making the right decision might be.

(continued)

Risky Situations: General Personal Safety Practice *(continued)*

Situation 2

You have to wear a mouth protector and a helmet to play goalie on your hockey team. You can deal with the helmet but the mouth protector makes you gag. Besides, your big sister says she never wore one, and she never got hurt. You tuck it back into your gym bag when nobody is looking. What's the big deal?

List the potential risk or risks to personal safety:

How did you recognize the risk(s)?

What is the best, health-promoting alternative?

Tell what one positive consequence of making the right decision might be.

(continued)

Risky Situations: General Personal Safety Practice *(continued)*

Situation 3

Your family is on the best camping trip ever—swimming, canoeing, hiking. It’s so much fun. But when the sun starts to go down, your dad insists that everyone put insect repellent on—all over. Yuck! You think, Why take a shower after swimming and then spray that junk on your clean skin and clothes? When your little brother hands you the bottle, you walk behind the tent, away from everyone else. What would it hurt to spray only enough to make everyone think you used it properly?

List the potential risk or risks to personal safety:

How did you recognize the risk(s)?

What is the best, health-promoting alternative?

Tell what one positive consequence of making the right decision might be.

(continued)

Risky Situations: General Personal Safety Practice *(continued)*

Situation 4

You have fallen into the habit of quietly unbuckling your seatbelt after your parent is busy driving. It gets so tight and hot in summer weather! Your parent is always saying, “I have never had an accident in 15 years of driving.” Why worry now?

List the potential risk or risks to personal safety:

How did you recognize the risk(s)?

What is the best, health-promoting alternative?

Tell what one positive consequence of making the right decision might be.

(continued)

Risky Situations: General Personal Safety Practice *(continued)*

Situation 5

So far, it's been a great summer. You have been getting lots of physical activity with your family and good friends. You have a great tan, too, just like a movie star. You're in a hurry to meet a friend and his mother to go to a park. You can't find your sunscreen. You run out the door without it. What do you need it for, anyway?

List the potential risk or risks to personal safety:

How did you recognize the risk(s)?

What is the best, health-promoting alternative?

Tell what one positive consequence of making the right decision might be.
