

# Sample Risk Management Info and Background

## 1. Identifying Potential Dangers (Hazard Awareness)

This involves recognizing things in the environment that could cause injury or harm.

- **Physical Risks:** Identifying dangers in activities like skateboarding, swimming, or rock climbing.
- **Situational Risks:** Recognizing dangers in social situations, such as peer pressure to vape, drink alcohol, or use drugs.
- **Workplace Hazards:** In a first job, this means identifying risks like slippery floors, hot machinery, or heavy lifting.

## 2. Assessing the Risk (The "What If" Phase)

Before jumping into an activity, a risk management strategy involves asking:

- How likely is something bad to happen?
- If something does go wrong, how bad could the injury be?
- The "Gist" Approach: Learning to look at the big picture rather than just the immediate thrill (e.g., "If I don't wear a seatbelt, I could be paralyzed" vs. "It's uncomfortable").



### 3. Taking Action (Control Measures)

Once a risk is identified, a strategy involves taking steps to minimize it:

- **Using Protective Gear:** Helmets for wheeled sports, life jackets for boating, mouthguards for contact sports.
- **Seeking Training:** Getting proper instruction before driving, operating machinery, or starting a new, complex hobby.
- **Setting Limits and Boundaries:** Knowing when to say "no" to peer pressure and establishing personal, safe limits on activities.
- **Planning Ahead:** Knowing your route home, having a charged phone, and ensuring you have a safe way to get home from a party.

### 4. Why This Matters for Teenagers

- **Brain Development:** The teenage brain is wired to seek thrills, making it hard to think about long-term consequences. A strategy acts as a guide to balance this need for excitement with safety.
- **Independence:** It builds confidence and allows for responsible freedom (e.g. driving) while keeping the teen safe.
- **Life Skills:** Learning to manage risk prepares teens for adulthood, where they must assess risks in jobs, relationships, and daily life.

## Examples of Positive Risk Management

#### Instead of

- Street racing or speeding.
- Ignoring safety rules at a summer job to work faster

#### Try (Smart Risk)

- Joining a go-karting league or taking a defensive driving course.
- Asking for training on how to use equipment properly and wearing the required safety gear.

