

Discuss taking risks, for themselves or for others

Examples of what students are expected to learn

- Be familiar with examples of risky situations:
 - driving while under the influence or at excessive speed
 - binge drinking
 - practising extreme sports
 - taking performance enhancing drugs
 - having unprotected sexual relations
 - taking drugs (including medication and synthetic drugs)
 - texting while driving
 - smoking
 - being sleep deprived
 - sexting
 - gambling
 - etc.
- Understand the possible consequences for themselves and for others.
- Understand the reasons (underlying needs) for taking risks.
- Be familiar with the possible options, other than taking risks, to meet needs.
- Be familiar with individual and collective rights, their responsibilities and the concept of a sense of civic responsibility.
- Be familiar with protection factors (desire to adopt safe behaviours for themselves and for others, shared responsibility, personal values [self-care and care for the other person, safety, equality] related to taking risks).
- Be familiar with risk factors (e.g. peer and social pressure and norms, nature of the relationship, difficulty accessing resources, perception of control, feeling of self-efficacy).
- Reflect on a decrease in wrongdoings, moderation, middle ground, balance, compromise, etc.
- Learn to make responsible choices for themselves and for others.
- Etc.

Contribution of the content to adopting prosocial behaviours

Discussing the act of taking risks, for themselves or for others, leads to certain gestures, words and behaviours that show consideration for their needs and safety, and those of others. It promotes the concept of respect for themselves and for others. These concepts are key to the development of the competency *Adopts prosocial behaviours*.

Influence on the other personal and social competencies

This content also fosters the development of the following competencies:

- Makes informed lifestyle choices
- Manages social influences

Content-related glossary*DISCUSS **TAKING RISKS,**
FOR THEMSELVES OR FOR OTHERS***Taking risks**

Engaging in an action that could bring benefits, but involves potential danger. In contrast, responsible decision-making is the ability to make constructive choices about one's own behaviour and social interactions while respecting safety, as well as ethical and social norms. It is also the capacity to realistically assess the consequences of one's actions on their well-being and that of others. Responsible decision-making enables students to make informed decisions and to reflect on their actions.

ADDITIONAL RESOURCES

- For more information on the content related to the development of personal and social competencies
- To find ideas for turnkey structured educational interventions that are in line with the proposed content
- For training designed to help convey the content and establish conditions for implementing it with students
- For other resources and tools related to the content and to the implementation of actions designed to promote the well-being of young people



Resources available
on [Québec.ca](https://www.quebec.ca)