

# WORKSHEET 8

When we do things dangerous things that put us at risk of hurting ourselves, or the people around us in harm's way, it is called '**risk behaviour**'.



There are many ways to find ourselves in these situations. The most common way would be peer-pressure.

Peer-pressure takes place when our friends make us do something we really do not want to do and we do it because we want to stay friends with them.

## Think about it

If we play with fire, we could be putting ourselves at risk of being burnt or even worse putting others at risk if the fire gets out of control.

Instructions: Can you think of more examples of risk behaviour? In the space below, list six examples of risk behaviour that can put you or the people around in danger.

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Now that we have an idea on different types of risk behaviour and how it can harm our wellbeing and those around us, choose two 'risk behaviours' from your list and using the space provided explain how the risk behaviour can affect you when it comes to achieving your personal goals.

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