

Risk Taking & Substance Abuse

By Mrs. Hunter

Take 1 minute to do mindful breathing

Pay attention to every breath as
much as possible

Remember to do the following:

- Relax
- Turn on any calming music
- Breathe from your chest, belly, or nose



Risky choices:

- *trying out for a team
- *getting into a car with a driver who's been drinking
- *applying for a job
- *trying a friend's prescription drug

There are a lot of factors that come into play when making a decision about whether to take a risk.

It's important to keep in mind what you value and what the possible results of our decision are.

Think about:

1. How are your values influenced by your perception of risk?
2. What role does substance use play in risk-taking and its consequences?

Valuing What's Important



To value is to have respect,
esteem, or appreciation for
an object, relationship, or
idea

Write down 2 things that you
value:

1. An Object
2. A Relationship

What do you do to protect
these things and show you
value them?

What kind of risk-taker are you?

1. **Know what kind of risk taker you are.** If you live on the edge, take time to think before you act.
2. **Watch out for the influence of drugs and alcohol.** These things can decrease our ability to make good judgement.
3. When in doubt, talk it out with **someone** you trust.



VALUES

Risky, Riskier, Riskiest

—

Low Risk, Medium Risk, High Risk.....

Example: smoking

Low risk: Not Smoking

Medium Risk: Having a couple of cigarettes

High Risk: Smoking a pack of cigarettes in 1 day

Conclusion:

According to DrugFree.org

90% of addictions start in the teen years

Family history of drug or alcohol problems can place a child at increased risk for developing a problem.

Children who frequently take risks or have difficulty controlling impulses are more at risk for substance abuse problems.

No matter what, taking a risk is going to be scary. What things can you do?

- Write a letter to future you. What advice would you give yourself?
- Mindfulness can reduce risk-taking behavior- makes you stop and think before you react.
- Taking a few breathes, opening up space can give you your balance back

BE AWARE

of your breathing. Notice how this takes attention away from your thinking and creates space.

Eckhart Tolle

Mindful Breathing

