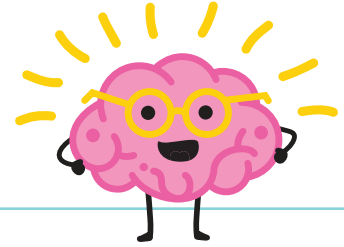


# About Risky Behavior - Level 1 Activity Handout



## Video Viewing Guide

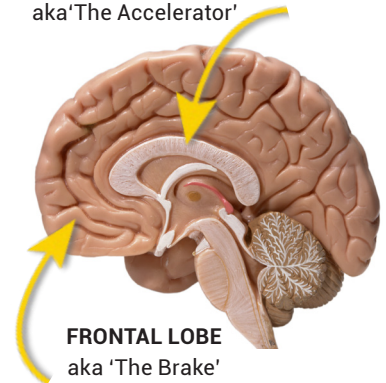
**Do Now:** Write 1-2 sentences in the box below in response to the question.  
**What do you believe are risky behaviors?**



## Fill In The Blank

1. Risky behaviors are the ones that can \_\_\_\_\_  
or put you in \_\_\_\_\_.
2. Having a fully formed \_\_\_\_\_ but only partly formed \_\_\_\_\_  
may lead to bad decisions.

**LIMBIC SYSTEM**  
aka 'The Accelerator'



**FRONTAL LOBE**  
aka 'The Brake'

### Stop and Think...

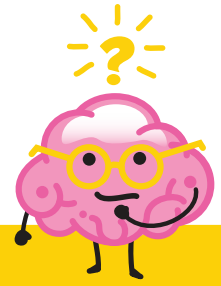
CFU #1 - What are some other examples of "risky behaviors" that you may encounter while at school?

### Stop and Think...

CFU #2 - What does "Use it or Lose it" mean when developing your brain?

## Write About It Prompt

**Directions:** Write 5-10 sentences in response to the following question. Use the box at the bottom to draw out your thoughts.



We learned that we all need to exercise our frontal lobe or “brakes” in the brain while it is growing and developing. What are some strategies you could use when a risky behavior arises? Provide one example of a risky behavior in your life and state a strategy you might use in the moment.

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## Activity #1 - Independent Practice

**Directions:** Complete the chart below stating specific examples.

**For example:** I smile, my palms sweat, etc.

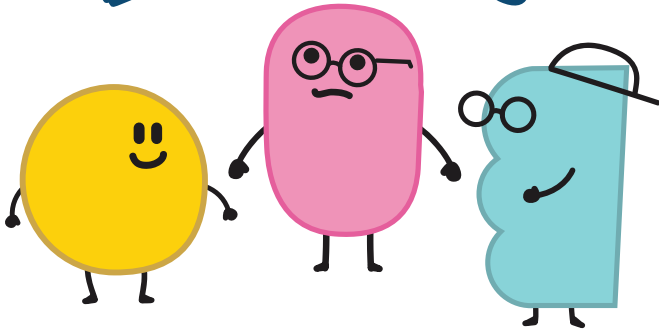
How does YOUR body feel when you make positive choices?	How does YOUR body feel when you DO NOT make positive choices?

## Activity #2 - Group Activity

As a class, create the following chart to identify **3-5 risky behaviors** in the school setting. Each risky behavior listed should have a corresponding statement that can be used when the risky behavior occurs.

What are some risky behaviors that you may encounter while at school?	What is one statement that you could use when the risky behavior arises?

# RISKY BEHAVIORS



## Activity #3 - Extended Learning

As a class, we have identified **3-5 risky behaviors** at school and what we can do in the moment to use our frontal lobe or “**brakes.**” In your group of 2-3 students, select a “**risky behavior**” at school to role play. Within your group, make sure you practice using the statement and walking away.

## Brain Quiz

1. What are risky behaviors?
2. The Limbic System, otherwise known as the accelerator of the brain, is fully developed around what age?
  - A. 5
  - B. 18
  - C. 12
  - D. 2
3. The Frontal Lobe, otherwise known as the brakes of the brain, is not fully developed until what age?
  - A. 5
  - B. 25
  - C. 12
  - D. 19
4. When you use the Frontal Lobe to make good decisions, your brain produces what chemical?
  - A. Serotonin
  - B. Melanin
  - C. Ketamine
  - D. Dopamine
5. **True or False:** Addiction happens when your brain gets trapped by risky behaviors and does not use the brakes to stop and think before participating in more risky behaviors.

