Positive Choices
Drug and Alcohol Information
Get informed, stay smart, stay safe

Quick activity

Assessing Level of Risk: Class Activity



Evidence ratings:

This resource has undergone expert review. See our Help/Q&A section for more details.

Year: Year 7–8, Year 9–10

Targeted Drugs: Alcohol

Tags: OurFutures

Time Allocated: 1 lesson

Links to National Curriculum:
ACPPS073 (Yr 7–8), ACPPS077 (Yr 7–8), ACPPS095 (Yr 9–10)

Origin: Australian

Cost:
Free

Attachments

Worksheet: Assessing Level of Risk

Developers

Previously known as Climate Schools, **OurFutures** was developed by researchers based at the Matilda Centre for Research in Mental Health and Substance Use at the University of Sydney, Australia. See the OurFutures website for more information.

Format

Two options:

- Class discussion alone
- Worksheet followed by class discussion.

Preparation

- Print or electronically share the attached class worksheet "Assessing Level of Risk" (optional).

Activity

Group Activity

1. Ask the class to compile a list of the usual fun and social activities they would like to do which are alcohol-free. Discuss all the costs and benefits of participating in these activities.

2. Ask the class to compile a list of more risky activities (e.g., surfing, bungee jumping). Again, discuss all the costs and benefits of participating in these activities.

3. Consider all the activities listed and discuss what level of risk the class believes is an acceptable level of risk and what level of risk would stop them from participating in an activity.

Teacher Information: This should provide the opportunity to demonstrate to the class that most alcohol-free activities have less consequences and the “good times” are more sustainable. In addition, when assessing what level of risk is an acceptable level of risk, it would be useful to discuss how we are all different, but the most important thing is that we make a conscious decision and assess the risks.

Benefits

- Students practice risk assessment, and consider what comprises a “reasonable” level of risk.

Evidence Base

Secondary teachers reviewed this and other OurFutures activities, with 92.3% rating these activities as good or very good. This particular activity was among the most popular activities selected for implementation by teachers.

The benefits of implementing individual activities from OurFutures has not been examined. The benefits of implementing the entire 6 session OurFutures program has been supported by multiple research studies, see OurFutures: Alcohol Module.

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