

Risks List – cut these into strips

Drinking alcohol before the age of 14	Joining the talent show
Trying to beat a train	Joining a new band
Taking selfies while driving	Starting a business
Making a new friend	Training for a marathon
Joining a new student club	Vaping
Bungee jumping	Talking to your parents about drugs
Using prescription drugs that aren't yours.	Going to bed early the night before a big test
Public speaking	Speeding because you're running late
Driving 10 mph over the speed limit.	Joining online chat rooms
Making a new friend.	Falling asleep while watching your phone
Driving after smoking marijuana.	Learning a new skill that's hard
Asking someone out on a date	Failing a math test because you didn't study
Riding with a big group of teens to a football game.	Talking to a friend about your stress
Not wearing your seatbelt	Seeking help from a professional
Taking the medication, you are prescribed	Failing a class and not asking for help
Sky diving	Skiping class and ditching school
Going to a house party	Taking sleeping pills to help cope with stress
Sleeping less than 6 hours regularly	Volunteering at a local shelter
Driving above the speed limit	BMX bike riding with a helmet

Healthy Risks	Unhealthy Risks	Immediate Consequences