

SEL Spotlight K-8

Lesson Title: *Responsible Risk Taking*

Grade Level: Elementary and Middle School

Main Character: Chuck

SEL Competencies: Responsible Decision Making, Self-management

Introduction

Chuck is a high school student who enjoys risk taking. Despite being a risk taker, Chuck is responsible and understands the risk involved in his choices. Even though there is a focus on skydiving, we also see the precautions he takes every single time he “flies”. In the module for students using this film, we encourage facilitators to mention that the injury rate is lower for skydiving than for teens driving.

Activity 1

Watch the video: *Responsible Risk Taking*

Activity 2

If you are working with a team each person should take time to reflect individually before discussing with a partner or the group.

Watch this excerpt from the video.

While he is walking toward a plane Chuck says, “I’m psyched, I’m going crazy”. Think about a student you have worked with who is like Chuck, excited about danger or a “thrill seeker”. While it might be easy to consider the negatives or the danger of involved in being excited by danger, take a few minutes and make some notes about the positives associated with being a thrill seeker.

What benefits have you thought of for being excited by danger? Do you think there are a lot of students who need more exciting activities? Do you think that schools could do more for students like this? If so what?

Activity 3

Watch the *Responsible Risk-Taking* video again.

Two different scenes in the video show Chuck doing safety checks as he prepares for a jump. Adolescents by nature are risk takers, think about how this could apply to students you work with. Brainstorm some situations where you believe your students could learn more about safety precautions to minimize risk (not necessarily in a school context). How could you use this video as a teaching tool with these students to help

them see the importance of understanding the nature of risk and taking responsible precautions?

Activity 4

Consider your school context.

How well does your school do with teaching students about taking responsibility for their safety and the safety of others? What strengths do you see? What are some concerns?

How could you address these concerns? Is there a safety and/or school health committee that should develop an action plan? What would those action steps include? How can you address your concerns?

Conversely, do you think your school could provide more opportunities for students to participate in thrilling or exciting activities with appropriate safety precautions? What actions could be taken to accomplish this?