

## What are risks and how can I reduce them?

| Word      | Definition   |
|-----------|--|
| risk      | The possibility of something bad happening   |
| prevent   | To stop something from happening   |
| accident  | Something that happens by chance or from unknown causes and that often causes injury or damage |
| emergency | Something that needs dealing with immediately  |

### Key Knowledge and Concepts



There are different types of risk including:  
 physical (where your body might get hurt)  
 social (where a relationship might suffer)  
 emotional (where feelings might get hurt)



You can follow the stop, decide, so strategy if you think you are at risk.



You can make choices to reduce your risk for example following school rules or using mats in gymnastics



People may take risks for different reasons including wanting to show off, feeling competitive, getting too excited, forgetting the time, feeling like messing about, don't want to let the group down or feeling frightened of people in the group.



Stop – if something doesn't feel right or you think a risky situation is developing.



Decide – what are your options, should you say something, go somewhere or get some help?



Do – take action to reduce the risk