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| **Section: Risky behaviour** | | | |
| **Objective:** | | To raise awareness of and discuss behaviour that places the children’s wellbeing or future at risk.  SEL Competency: Responsible Decision Making  Developmental level: Advanced  Key message: I know what risky behaviour is and I can avoid it  Time: 10 mins 30 seconds | |
|  | **Character name** | | **Content:** *Format*  (TONE OF ADDRESS)/‘Lines from script’/song/sound clip no. |
| **1.** | FX (sound FX) | | *STANDARD INTRODUCTORY JINGLE NO.xx* |
| **2.** | Host | | Today we are going to talk about risky behaviour. Does anyone know what that means? |
| **3.** | Child A | | Is it bad behaviour? |
| **4.** | Child B | | Or dangerous behaviour? |
| **5.** | Host | | Well done! Risky behaviour is behaviour that can lead to bad consequences that can damage your wellbeing and your future.  Do you know what consequences are? |
| **6.** | Child A | | Results? |
| **6.** | Host | | Exactly! Well done! A consequence is something that happens after you do something, or behave in a certain way, because of what you have done or how you have behaved.  For example, if I eat ice cream now, I will be too full to eat dinner later.  Consequences can be good or bad. Being too full to eat dinner, or even so full that you feel sick, is a bad consequence.  Can anyone think of a good consequence? |
|  | Child C | | If I do really well in my exams my teacher gives me a sticker and my parents are so proud of me which makes me happy! |
| **8.** | Host | | Exactly! The good consequences when you do well in your exams are the sticker your teacher gave you and the good feelings of pride and happiness that you and your parents feel!  Risky behaviour leads to bad consequences though and that is what we are going to be thinking about today.  Can anyone think of an example of a risky behaviour you see in your community or between your friends? Say your answers out loud at home to join in! |
| **9.** | FX (sound FX) | | Sound to allow children at home to think for about 15 seconds |
| **10.** | Host | | Can anyone share an example of a risky behaviour in your community? |
| **11.** | Child C | | Walking home alone in the dark? |
| **12.** | Host | | Very good! That can be really risky. We’re going to talk about consequences in a minute but first, let’s hear some more examples of risky behaviour! |
| **13.** | Child A | | Stealing |
| **14.** | Child B | | Fighting with other children |
| **15.** | Child D | | Smoking cigarettes |
| **16.** | Child C | | Drinking alcohol |
| **17.** | Child A | | Going to places that are dangerous (include contextual examples, e.g. latrines at night in a camp etc.) |
| **18.** | Child B | | Taking drugs |
| **19.** | Host | | These are all really good examples! Can anyone think of some new behaviours that are risky because of COVID19?  Remember the things that you used to be able tto do, like go to school and play with all your friends. Can you do those things now? |
| **20.** | All | | No |
| **21.** | Host | | Can you give me some examples of the things that ar now risky because of COVID19? |
| **22.** | Child C | | Umm… like sneezing or coughing close to someone? |
| **23.** | Host | | That’s definitely an example of a risky behaviour! And not just during this COVID19 pandemic. We should always cover our mouths and noses when we cough or sneeze so we don’t make other people ill!  Can anyone think of any other behaviours that are risky because of COVID19? |
| **24.** | Child D | | Being in big groups? That’s why they closed my school down. |
| **25.** | Host | | Very good! COVID19 makes some people really sick, but other people can have it and feel totally fine. These people may not even know they have it!  But they can pass it on to other people when they are close together, then these other people might get sick.  When we make sure that we are not too close to people, that we are avoiding large crowds and that we are not touching people if we don’t have to, we are helping to fight the COVID19 virus!  I know it’s really hard to be missing out on school, and sports clubs and playing with all your friends, but by staying apart in this time you are one of the many super heros fighting COVID19 and making th world a safer place for everybody!  Can anyone think of any more risky behaviours as a result of COVID19? |
|  | Child A | | Not washing your hands? |
|  | Host | | Very good! We need to wash our hands before eating or handling food, and after using the toilet all the time. Even before COVID19, handwashing was so, so important.  We need to keep this good practice up now and mak sure we are washing our hands even when we think they are clean. Remember, germs are invisible! That means we can’t see them.  Wash your hands for 20 whole seconds! That means counting slowly to 20 while washing all over your hands. And make sure to use soap!  Let’s count to 20 together so we can see how long 20 seconds is! Join in at home! |
|  | All | | One  Two  Three  Four  Five  Six  Seven  Eight  Nine  Ten  Eleven  Twelve  Thirteen  Fourteen  Fifteen  Sixteen  Seventeen  Eighteen  Nineteen  Twenty! |
|  | Host | | Very good! It’s quite a long time isn’t it? |
|  | All | | Yes! |
|  | Host | | Ok, now lets talk about consequences for risky behaviour! Can anyone remind me of what a consequence is? What do you think at home? Do you remember? Call out your answer out loud! |
|  | FX (sound FX) | | Sound to allow children at home to think for 15 seconds |
|  | Child A | | Umm something good or bad that happens because of something you did? |
|  | Host | | Exactly! Well done! A consequence is something that happens after you do something, or behave in a certain way, because of what you have done or how you have behaved. Just like (Child A) said, consequences can be good or bad.  Do you think risky behaviour leads to good or bad consequences? |
|  | All | | Bad |
|  | Host | | Exactly! Risky behaviour leads to consequences that are bad for your health wellbeing and future.  Let’s look at some of the risky behaviours you called out earlier and think about the kinds of consequences they might lead to!  Okay, the first risky behaviour that (Child A) came up with was stealing! What do you think the worst possible thing that could happen to you for stealing is?  Say your answers out loud at home! |
|  | FX (sound FX) | | 30 seconds Sound to allow children at home to think for |
|  | Host | | What do you think? |
|  | Child A | | Um.. you would get in trouble? |
|  | Host | | You would get in trouble, indeed. Who would you get in trouble with? What do you think at home? |
|  | FX (sound FX) | | 30 seconds Sound to allow children at home to think for |
|  | Host | | What do you think? |
|  | Child A | | Well your parents. Maybe your teacher if it was at school. The person who you stole from? |
|  | Child B | | You could even get arrested by the police and go to jail! |
|  | Child A | | And you would make someone really sad if you stole from them |
|  | Child C | | And angry |
|  | Host | | Very good! These are all consequences that could happen to someone who steals. They don’t sound nice do they? |
|  | All | | No |
|  | Host | | They sound pretty horrible! What about the risky behaviour that (Child B) came up with? Fighting with other children. What are some of the consequences that this could lead to? What do you think at home? |
|  | FX (sound FX) | | 30 seconds Sound to allow children at home to think for |
|  | Host | | What do you think? |
|  | Child B | | You could get hurt. And they could get hurt. |
|  | Child D | | And you’d get in trouble |
|  | Child C | | And maybe the fight could get bigger and bigger and lots of people could get hurt and in trouble. |
|  | Host | | Very good! What starts as a little fight can get out of control if more people get involved. Lot’s of people can get hurt and lots of people can get in trouble.  That sounds awful, doesn’t it? |
|  | All | | Yes |
|  | Host | | What about the risky behaviour that (Child D) said? Smoking cigarettes? What could happen if you started to smoke cigarettes? |
|  | FX (sound FX) | | 30 seconds Sound to allow children at home to think for |
|  | Host | | What do you think? |
|  | Child D | | You could get addicted and be stuck smoking them forever |
|  | Child A | | They smell bad. People who smoke smell bad. Like smoke |
|  | Child C | | It makes you sick. Like those photographs on the packet. They can make you cough and spit. They can give you cancer. |
|  | Host | | Exactly. Something as small as smoking one cigarette can make you want to smoke more and more. Not only do they make you sick, they are also really, really expensive! You don’t want to be spending all your money on cigarettes in the future, do you? |
|  | All | | No! |
|  | Host | | (LAUGHING) Very good! Now lets think about the risky behaviour that (Child C) spoke about. What do you think might happen if you started to drink alcohol. Remember to join in at home! |
|  | FX (sound FX) | | 30 seconds Sound to allow children at home to think for |
|  | Host | | What do you think? |
|  | Child C | | You get addicted and start to drink all the time |
|  | Child A | | It makes you act funny. Like you can get violent and loud and start shouting. Or it can make you do silly things like walking in themiddle of the street singing. |
|  | Child B | | If you drive when you are drinking then it’s a crime and you could go to jail |
|  | Child D | | And you could really hurt someone if you crash into them in your car |
|  | Host | | Exactly. Very good. Drinking alcohol does not sound like a good idea at all, does it? |
|  | All | | No |
|  | Host | | No it does not at all! Lets take a look at another one of our risky behaviours. Going someplace dangerous include contextual examples, e.g. latrines at night in a camp etc.)  What do you think might happen if you did this? what would the consequences be? Remember to say your answer out loud at home! |
|  | FX (sound FX) | | 30 seconds Sound to allow children at home to think for |
|  | Host | | What do you think? |
|  | Child C | | Someone might attack you and really hurt you |
|  | Child A | | You could trip and fall in the dark alone and there might be no one around to help you |
|  | Child B | | You could get kidnapped |
|  | Child D | | Anything could happen there, it’s really scary and there are dangerous people always hanging around. |
|  | Host | | Exactly. It is so risky to go to places that we know are dangerous. Especially when we are alone. It’s important to avoid places that might be dangerous or cause us harm.  Finally, lets think about taking drugs. What are the consequences that we might face if we were to take drugs? What do you think at home? |
|  | FX (sound FX) | | 30 seconds Sound to allow children at home to think for |
|  | Host | | What do you think? |
|  | Child A | | You get addicted |
|  | Child B | | It’s not allowed. You would go to jail if the police found you |
|  | Child C | | It might make you do things that you would not usually do |
|  | Host | | Very good. These are all bad consequences that might happen if you take drugs.  They do not sound good, do they? |
|  | All | | No |
|  | Host | | Why do you think children like you end up doing some of these things anyway?  What do you think at home? say your answers out loud at home! |
|  | FX (sound FX) | | 30 seconds Sound to allow children at home to think for |
|  | Host | | What do you think? |
|  | Child D | | Umm.. well sometimes your friends make you do things. Even if you don’t want to. |
|  | Host | | Very true. This is very common. It is so common that it has a special name. When other children encourage or even force you to do something it is called peer pressure.  Has this ever happened to you? |
|  | All | | (SADLY) Yes |
|  | Host | | (KINDLY) It happens to everyone! It takes courage to stand up for ourselves!  A good idea to help you avoid peer pressure, is to suggest that you do something else. So if your friends want to go to the market and buy cigarettes to smoke, you could suggest buying fanta or sweets instead. You know they taste good! Cigarettes might feel grown up and cool but they taste disguisting!  Do you think you could try this? |
|  | All | | Yes |
|  | Host | | Even though it is often really, really hard to say no to your friends when they encourage you to do something risky, the possible consequences are not worth it, you could get into lots of trouble, or worse, you could get hurt.  Children who encourage or force you to do things that are risky are not good friends.  Risky behaviours can be avoided by making good choices. I know it can be really, really hard to make good choices when we feel under pressure by our friends. In these situations, you can always speak to a kind and supportive adult to find help. |
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