

LMB Risk

Key Terms

Risk - the possibility of something bad happening. Risk involves uncertainty about the effects/implications of an activity with respect to something that humans value (such as health, well-being, wealth, property or the environment), often focusing on negative, undesirable consequences. Risks can have positive outcomes

Peer Pressure – when your peers or the people around you encourage or threaten you to participate in an activity

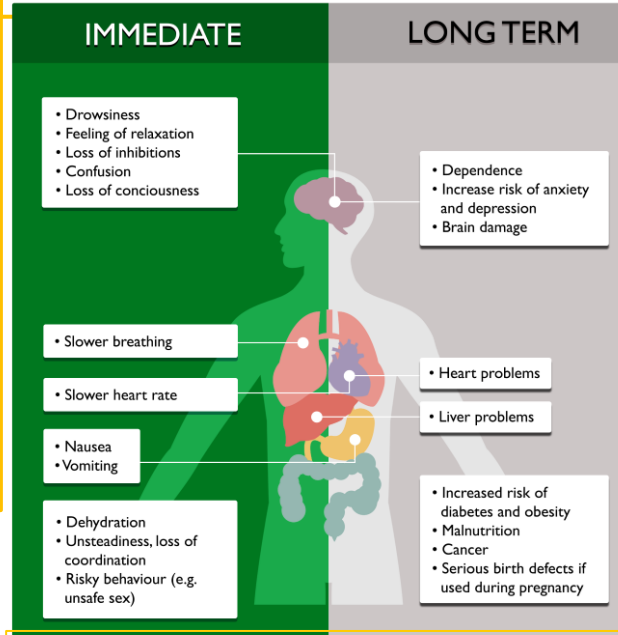
Peer Influence – when you feel you want to participate in an activity because your peers are doing and you don't want to be left out

Addiction - Addiction is an inability to stop using a substance or engaging in a behaviour even though it may cause psychological or physical harm.

Strategy	Definition	Example
Awareness	Using your senses to monitor your surroundings to take actions	Listening for traffic on a road before crossing
Avoidance	Not engaging or participating in an activity	Not going to a party where you know you will be tempted to drink or use illegal substances
Reducing the risk	Putting measure in place to manage the risk most effectively	Wearing a cycle helmet, or putting a seat belt on to improve safety
Distancing	Stepping back and not getting involved in situations – physically as well as mentally or verbally	Walking away from an argument before it turns into a physical fight
Assertiveness	Being direct with your communication, body language, tone of voice, facial expression and words	Saying no with confidence
Support Network	Using the different people around you to add layers of protection friends family, the community	Organising a lift home with a family member to ensure you get home safely

Risks in relationships:

Manipulation, coercive control, abuse: verbal, physical, emotional, sexual, gas lighting, pregnancy, Sexually Transmitted Infections, rape/sexual assault, regret, embarrassment...



Risks with Alcohol and Substances:

Impaired decision making, accidents, overdoses, getting home safely, taking unknown substances, hospitalisation, health, finances, homelessness, relationships, festivals, thinking of other people, violence and aggression, addiction see table below for symptoms....

Memory Problems	Poor judgement	Defensiveness	Withdrawing	Agitation
Secretive and/or dishonesty	Mood Swings	Increased Temper	Lack of concern for personal hygiene	Paranoia
Loss of interest in hobbies	Sleep issues	Weight loss	Poor performance at work or school	Lack of focus

Risks with Money:

Gambling, debt, investing, borrowing, saving, spending, loans – financial worries can lead to the following impacts:

How might life be impacted by addiction or taking a risk that goes awry..
Mental health, relationships, Career, finances, health, emotional wellbeing, behaviour, social life, home life

Access Help:

In an emergency dial 999 or 111.

Get help from a trusted adult if needed but act immediately

Childline, NHS Aquarius, Frank, Turning Points

