DANGEROUS SITUATIONS

Performance Standard 24C.H
Predict the consequences of dangerous situations and know where & how to find available services accordingly:
- *Knowledge*: Know what health related services are available.
- *Application*: Predict and analyze the effect of the consequences of dangerous situations
- *Communication*: Explain completely and correctly the consequences and available resources.

Procedures

1. ***In order to demonstrate skills essential to enhancing health and avoiding dangerous situations (24C),*** students should experience sufficient learning opportunities to develop the following:
   - Predict the outcomes of being in dangerous situations (situations that can negatively impact one of the dimensions of health).
2. Provide students with area services available from school or community including family and friends that may help in making decisions.
3. Give the students the Dangerous Situation Worksheet to complete in small groups.
4. Direct students to use available resources to predict a plausible consequence.
5. Evaluate each student's performance using the "Dangerous Situations" Rubric as follows:
   - *Knowledge*: Identified health related services correctly.
   - *Application*: Analyzed effects of consequences appropriately.
   - *Communication*: Explained predicted consequences and available services completely.

Examples of Student Work
- **Meets**
- **Exceeds**

Time Requirements
- Two class periods
- Sufficient time needs to be spent deciding what the outcome for each situation could be.. Students might need more time to find health-related resources and/or services in their area to help solve the problem.

Resources
- Copies of Dangerous Situation Worksheet
- Phone Books or school directory
- Internet if accessible
- Dangerous Situations Rubric

Dangerous Situations Task Sheet

Directions: Complete this worksheet by predicting possible outcomes for each situation. Use your decision-making skills. Be sure to include a resource that could help you in making a good choice.

1. You are at a party with no supervision and you notice the older kids are now drinking beer. You are an athlete in your high school.
   Consequences:
   What choices do you have:
   Resource:
2. Your friends are all at the mall shopping and when you get ready to leave, one of them tells you she put a bracelet in your pocket from one of the stores. She wants you to walk out with it now and give it to her later.
   Consequences:
   What choices do you have:
   Resource:
3. Final exams are this week and you have been studying really hard for your biology test. One of your friends was sick and you let him borrow your notes. He has now told you that he has lost them. Your notebook has all of the review material in it and some very important problems that you need to study and turn in the day of your exam. You need to do well on the exam and these problems because you are in danger of failing the class.
   Consequences:
   What choices do you have:
   Resource:
4. One of your coaches tells you that you really need to start going to the weight room to gain strength if you plan on making the varsity squad next year. A friend tells you he started taking steroids and it is a fast and easy way to get strong. This friend made the varsity squad this year.
   Consequences:
   What choices do you have:
   Resource:
5. Your mom and dad are constantly fighting. They have talked about getting a divorce. You know that you are going to have to go live with one of them. You love them both and don't want to hurt either one of them with your decision.
   Consequences:
   What choices do you have:
   Resource:
6. You just received a note from your best friend and it said that they were going to commit suicide after school. It is not the first time she has told you this.
   Consequences:
   What choices do you have:
   Resource:
7. The kids you go out with take their parents' boat without permission. The whole group of kids goes out to the lake for a 'joy ride'. You notice that there are not enough life jackets on the boat. Also, things are getting a little rowdy on the boat. Most of your friends are good swimmers but you are worried about the fact that someone could get hurt or drown.
   Consequences:
   What choices do you have:
   Resource:
8. You and a bunch of friends go to a rock concert. When the concert is over, it is very late and you get lost on the way home. You know you are not in a very good neighborhood and you have no cellular phone to call anyone.
   Consequences:
   What choices do you have:
   Resource:

DANGEROUS SITUATIONS

NAME _____ DATE _____

- ☐ Exceeds standard (average of 4)
- ☐ Meets standard (average of 3)
- ☐ Approaches standard (average of 2)
- ☐ Begins standard or absent (average of 1)

4	• Completed all of the situations and included a resource. • Can describe thoroughly the consequences of what would happen in the situation. • Information was given in detail and with some thought.
3	• Completed all of the situations but did not include any resource. • Some thought was given to each question, but not much detail.
2	• Completed only 4 of the situations and included 2 resources. • Little thought was given to each question, and not much detail.
1	• Completed only 2 of the situations and no resource was given. • Short one-word answers, no thought was given to the situation.
Score	

"Meets"

Dangerous Situations Worksheet

Directions: Complete this worksheet by predicting possible outcomes for each situation. Use your decision-making skills. Be sure to include a resource that could help you in making a good choice.

1. You are at a party with no supervision and you notice the older kids are now drinking beer. You are an athlete in your high school.
   Outcomes: kicked off the team, get arrested, upset parents
   Details: leave or drink
   Resource: supportful friends
2. Your friends are all at the mall shopping and when you get ready to leave, one of them tells you she put a bracelet in your pocket from one of the stores. She wants you to walk out with it now and give it to her later.
   get arrested for shoplifting, get away clear
   Outcomes:
   Details: bad guilty if bracelet stolen, put bracelet back safely
   Resource: security guard, conscience
3. Final exams are this week and you have been studying really hard for your biology test. One of your friends was sick and you let him borrow your notes. E has now told you that he has lost them. Your notebook has all of the review material in it and some very important problems that you need to study and turn in the day of your exam. You need to do well on the exam and these problems because you are in danger of failing the class.
   Outcomes: fail class, lose a friend, get notes from someone else
   Details: confront friend, wait + make excuse
   Resource: parents, other friends, teacher
4. One of your coaches tells you that you really need to start going to the weight room to gain strength if you plan on making the varsity squad next year. A friend tells you he started taking steroids and it is a fast and easy way to get strong. This friend made the varsity squad this year.
   Outcomes: bulker to steroids, get caught, lose priority
   Details: take steroids, tell on friend
   Resource: coaches, parents, other friends, yourself
5. Your mom and dad are constantly fighting. They have talked about getting a divorce. You know that you are going to have to go live with one of them. You love them both and don't want to hurt either one of them with your decision.
   Outcomes: go w/ dad, go w/ mom, no divorce, parents choose 4 u
   Details: try to stop divorce,
   Resource: family, other counselor
6. You just received a note from your best friend and it said that they were going to commit suicide after school. It is not the first time she has told you this.
   Outcomes: friend dies, everything happy, you get duped
   Details: try to help friend, get other help, talk to friend
   Resource: parents, friend's parents, teacher
7. The kids you go out with take their parents' boat without permission. The whole group of kids goes out to the lake for a 'joy ride'. You notice that there are not enough life jackets on the boat. Also, things are getting a little rowdy on the boat. Most of your friends are good swimmers but you are worried about the fact that someone could get hurt or drown.
   Outcomes: hurt people, people get hurt/killed, u are only worried
   Details: rowdiness, tip boat, not enough life jackets
   Resource: sensible friends, conscience
8. You and a bunch of friends go to a rock concert. When the concert is over, it is very late and you get lost on the way home. You know you are not in a very good neighborhood and you have no cellular phone to call anyone.
   Outcomes: you get jumped/kidnapped and/or hurt/killed
   Details: someone attacks you, or you make it home safely
   Resource: your judgement

Dangerous Situations Worksheet "Exceeds" (page 1)

Directions: Complete this worksheet by predicting possible outcomes for each situation. Use your decision-making skills. Be sure to include a resource that could help you in making a good choice.

1. You are at a party with no supervision and you notice the older kids are now drinking beer. You are an athlete in your high school.
   Outcomes: leave Party, drink Beer, Dump Beer, throw it away
   Details: say NO. Drive home, Call Someone who?
   Resource: Friends, Police, Call Parents
2. Your friends are all at the mall shopping and when you get ready to leave, one of them tells you she put a bracelet in your pocket from one of the stores. She wants you to walk out with it now and give it to her later.
   Outcomes: Get Caught, steal it
   Details: Put back on shelf, could take it for self, Go back & buy it
   Resource: Police, Friends, store clerk
3. Final exams are this week and you have been studying really hard for your biology test. One of your friends was sick and you let him borrow your notes. E has now told you that he has lost them. Your notebook has all of the review material in it and some very important problems that you need to study and turn in the day of your exam. You need to do well on the exam and these problems because you are in danger of failing the class.
   Outcomes: Fail, Pass ← How?
   Details: Ask to get notes back, go to library study from book
   Resource: Friends, teachers, Parents
4. One of your coaches tells you that you really need to start going to the weight room to gain strength if you plan on making the varsity squad next year. A friend tells you he started taking steroids and it is a fast and easy way to get strong. This friend made the varsity squad this year.
   Outcomes: make Varsity squad, not make it
   Details: Go to the weight room to train
   Resource: Parents, Coaches, Parents
5. Your mom and dad are constantly fighting. They have talked about getting a divorce. You know that you are going to have to go live with one of them. You love them both and don't want to hurt either one of them with your decision.
   Outcomes: Go with mom or dad
   Details: Run away, live with grandma, stay w/ friends 4 a while
   Resource: Parents, Friends, Police, grandparents.
6. You just received a note from your best friend and it said that they were going to commit suicide after school. It is not the first time she has told you this.
   Outcomes: let them do it
   Details: Talk them out of it, tell them you will not be friend w/ her
   Resource: Counsler, Parents, friend, teacher, Mental Health Ass.

7. The kids you go out with take their parents' boat without permission. The whole group of kids goes out to the lake for a 'joy ride'. You notice that there are not enough life jackets on the boat. Also, things are getting a little rowdy on the boat. Most of your friends are good swimmers but you are worried about the fact that someone could get hurt or drown.
   Outcomes: drown, death
   Details: Go back to shore, by life Jackets, tell Friends to stop
   Resource: Coast gaurd, Friends, Police
8. You and a bunch of friends go to a rock concert. When the concert is over, it is very late and you get lost on the way home. You know you are not in a very good neighborhood and you have no cellular phone to call anyone.
   Outcomes: get hurt/lost
   Details: Go to friendshouse, use Pay Phone, go back to place of concert.
   Resource: Friends, Police on street