

Teen Health Course 2

Chapter 15 Personal Safety

VIDEO SUMMARY

In the video, Alex and Jenny make the decision to walk home in the dark, even though they know that their parents would not approve. This decision leads them into a potentially dangerous situation. When making a decision, consider the possible outcomes of that decision. If the outcome could be dangerous, do the safe and smart thing—make a good decision, and stick to it.

[Click here to watch video; 00:06:56](#)



Discussion Questions

1. What factors influence Alex and Jenny’s potentially unsafe decision?
Answers will vary but may include: peer pressure, lack of planning.
2. What are some of the consequences of not following rules at school or in your community?
Answers will vary but may include: getting in trouble with parents or teachers, physical injury.
3. What can you say to peers when you are asked to make an uncomfortable decision or one that you know is not safe?
Answers will vary but may include: say no firmly, give reasons why, suggest an alternative.

Activity4

OBJECTIVE

Students will write a script to role-play using refusal skills and making healthy decisions.

Skill Summary: Practicing Healthful Behaviors; Refusal Skills

MATERIALS

- Pencil & paper
- Optional props

PROCEDURES

1. As a class, brainstorm 8-10 situations in which teens could make potentially unsafe decisions. Form small groups and choose one of the scenarios discussed in class.
2. Have students develop a script in which each student in the group role-plays a part. Each script should demonstrate the students’ understanding of refusal skills.
3. Have students perform the skits and discuss safe alternatives for each situation.

EXTENSION

Perform skits for younger classes as part of a “Safety Day.” If possible, videotape skits and edit clips. Store clips for future reference and additional viewing by younger students.

WEB LINKS AND ADDITIONAL GLENCOE RESOURCES

- Visit the Brevard County, Florida [Student Services Web site](#) for specific steps to follow when using refusal skills to resist peer pressure.
- Go to [KidsHealth.org](#) for multiple articles on staying safe, making healthy decisions, and treatment of injuries.



Go to [Fitness Zone Online](#) for additional [fitness activities](#), [videos](#), and [podcasts](#).

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After you have watched the video, write your responses to these questions.

1. What factors influence Alex and Jenny's potentially unsafe decision?

2. What are some of the consequences of not following rules at school or in your community? _____

3. What can you say to peers when you are asked to make an uncomfortable decision or one that you know is not safe? _____
