

## Toolkit 1 - Learning Unit 3

### Pre-intervention

#### Activity 3

### Risk awareness and responsibility: Taking ownership of protective measures to address soft skills



Exercise

#### Identification of risk factors

**3. Have you ever tried to behave in one way but acted in another way? Have you consequently been disappointed about it?**



YES

#### Activity 3

- Think about this situation.
  - a) What caused it?
  - b) What could have prevented it?
  - c) How does it influence your behavior in that situation?
- Now try to imagine a safe place. A place where you can be yourself, say, and do whatever you want.
  - a) Who are you in this place?
  - b) How can you handle difficulties in this place?
  - c) How would you advise yourself on how to behave in such situations?
  - d) What did you learn from it for the future?