

Toolkit 1 - Learning Unit 3

Pre-intervention

Activity 4

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



Exercise

Risk analysis as part of decision-making

4. Do you want to know how to analyze the risk outcomes of your decisions and how to avoid negative consequences and change your behavior?



YES

Activity 4

1. Write down a high-risk situation that you can imagine:



2. Fill in the following table:

| [previously-written high-risk situation] | How get out of it? |
|---|--------------------|
| What would your family say? | |
| What would your relatives say? | |
| What would specialists (e.g., educated clinicians) say? | |
| What do you think, how the others get out of it? | |
| What do you think, how you would get out of it? | |





**Psychological
Early
Intervention**

Project Number: 2020-1-PL-KA202-082075- Strategic Partnerships for vocational education and training

Now write down all the possible options that you can imagine:

Choose one option from these and write what should be done step by step:



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.