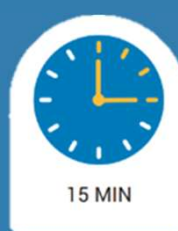
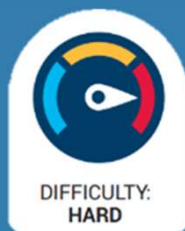


Risk taking behaviour

Extension for my community



Lifesaving
education programs

Learn why alcohol and water don't mix, as well as how peer pressure can influence you to do risky things like pier jumping and not wearing a lifejacket.

Instructions

- 1) Brainstorm: Why don't alcohol and water mix?
- 2) Discuss:
 - a) Is alcohol consumption around inland waterways - such as rivers, lakes, and dams - part of the culture in your local area/community?
 - b) Is there a popular spot for aquatic recreation where people gather and consume alcohol?
 - c) What age group is most likely to drink alcohol in or near inland waterways in your local area? Why?
- 3) Peer pressure is common with teenagers and young adults. If all your friends were jumping off a pier, and you know they shouldn't be, what could we say to them? Brainstorm some responses. Use examples from the Respect the River campaign to guide students.
- 4) Have a look at the most recent drowning report and make dot points about key statistics/findings from the document.



Respect the river
campaign



Key drowning
statistics

Equipment

- ☐ LSV drowning report
- ☐ RLSSA – Respect the river campaign
- ☐ Whiteboard/paper
- ☐ Markers

Key questions:

Q: Why is it important to wear a life jacket when swimming or boating?

A: Wearing a life jacket can help keep you afloat and make it easier for you to breathe if you get tired or something goes wrong in the water.

Q: What is peer pressure and how can it affect your behaviour around water?

A: Peer pressure is when someone tries to convince you to do something that you may not want to do. If your friends are pressuring you to do something risky around water, like jumping off a pier, it's important to say no and explain why it's dangerous.

Q: Why should you avoid alcohol when swimming or boating?

A: Alcohol can impair your judgment and coordination, making it harder to swim or navigate a boat safely. You should avoid alcohol altogether when you're around water.

Q: Why is it important to check the depth of the water before jumping in?

A: Jumping into shallow water can cause serious injuries, like broken bones or head trauma. It's important to always check the depth of the water and make sure it's safe before jumping in.

Q: Why is it important to learn how to swim?

A: Knowing how to swim can help keep you safe in the water and make you feel more confident when you're around it.