

RISKY CHOICES



AGE RANGE

10–13

OVERVIEW

Students will compare the ways that alcohol, tobacco, and vaping can negatively affect a person's health. Students will then learn about noncommunicable diseases (NCDs) and discuss how these risky behaviours may increase their risk of developing certain NCDs. Students will develop and present their claims for how they would convince a peer that their assigned behaviour is the riskiest to their future health based on their learning.

ACTIVITY DURATION

45–60 minutes

OBJECTIVES

Students will:

- Understand the risks associated with drinking alcohol, using tobacco, and vaping
- Analyse the connection between these risky behaviours and noncommunicable diseases
- Reflect on their plans to minimise the risk of noncommunicable diseases

MATERIALS NEEDED

- Pencils, one per student
- Felt tips, crayons, or coloured pencils
- Flipchart paper, six large pieces
- Masking tape
- Whiteboard pen or chalk, one for volunteer(s)
- **Risky Behaviours Chart** handout, one per student
- **Risky Behaviours Chart** answer key, one for volunteer(s)
- **Health Effects of Risky Behaviours Like Using Alcohol,**

For more information about the Future Well Kids programme, please email

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