

1077 RAVIRAVI SANGAM SCHOOL

YEAR 7

SUBJECT: HEALTHY LIVING

WORKSHEET # 2

STRAND:	H2 – Building Healthy Relationships	
SUB-STRAND:	H2.2 – Resilience and proactive behaviour.	
CONTENT LEARNING OUTCOME:	<i>Concepts, Skills and Attitudes:</i>	Recognizes the evils of threatening behaviour and identify ways of asserting oneself in such scenarios.
	<i>Suggested MiLO:</i>	Adopt systematic approaches to eradicating threatening behaviours.

LESSON NOTES

RESPONSIBLE BEHAVIOURS

A responsibility is something you are expected to do. A responsibility might be a task you are expected to do. For example, your parents expect you to brush your teeth. Brushing your teeth is “a responsibility” and it is your responsibility to brush your teeth every day.

Responsible behaviour is doing what you should do in any situation. It is doing what people expect you to do, even when it's not easy, fun, or clear. Responsible people can be counted on to do what they say they're going to do, even in tough situations.

Becoming a responsible person means being able to consciously make decisions, conduct behaviours that seek to improve oneself and/or help others. Therefore, we can define a responsible person as one who accepts the results of the decisions he or she makes.

THREATENING BEHAVIOUR

Threatening behaviour is a behaviour that causes physical or emotional harm to others, or threatens to. It can range from verbal abuse to the destruction of a victim’s personal property. People with threatening behaviour tend to be irritable, impulsive and restless.

Examples of threatening behaviour includes unlawful sexual conduct, unlawful restraint, bodily injury, or death, including verbal threats, written, telephonic, or other electronically communicated threats, vandalism, or physical contact without consent.

A variety of factors can influence threatening behaviour, including family structure, relationships with others, work or school environment, societal or socioeconomic factors, individual characteristics, health conditions psychiatric issues or life experiences.

ACTIVITIES/EXERCISES

1. Write down **three** responsible behaviours that you practise at home/in school.
2. List **three** examples of threatening behaviour that you may have seen in your community.
3. Mention **two** ways in which threatening behaviours can be avoided.