

THINKING ABOUT CONSEQUENCES ACTIVITY

For every action we take, there will be a positive or negative consequence. Weighing up the possible consequences of any given choice can help us decide if it's worth continuing down that path or not.

For instance, if we put a lot of time and effort into studying to get good grades at school, it can lead to better job and life opportunities in the future. If, however, we choose to put our time and energy into partying, we might end up in a dead-end job somewhere.

It's also worth thinking about if we are prepared to accept the negative consequences of our actions, such as the health risks of smoking. We should also think about the consequences in the short-, medium- and long-term.

Getting clear on consequences can help us make better decisions, which can contribute to our health, happiness and success in life.



Activity Instructions

This activity includes a series of ten images showing people engaging in various behaviours. For each image, complete the following two tasks:

1. Consider the consequences

Think about the behaviour depicted in the image, then write down 2–3 possible consequences that you think could occur (positive, negative or both) as a result. Provide an answer for each of the following time frames in the following time frames (with the assumption that the behaviour is continued):

- a. Immediately (short term)
- b. In the next few months (medium term)
- c. In several years' time (long term)

2. Weigh the risks

For each possible consequence you've written down, rate the level of risk you would give it by marking the Risk Level continuum as per the scale provided (1 = low risk to 10 = high risk).



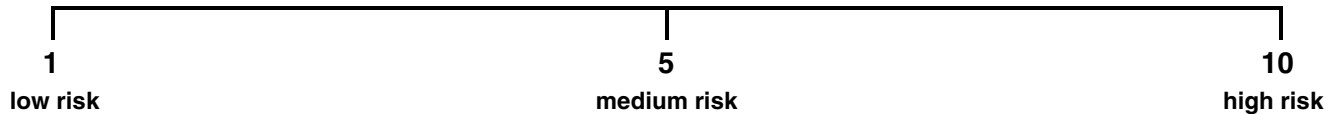
Consequence #1:

Immediately:
(short term)

In a few months:
(medium term)

In a few years:
(long term)

Risk continuum



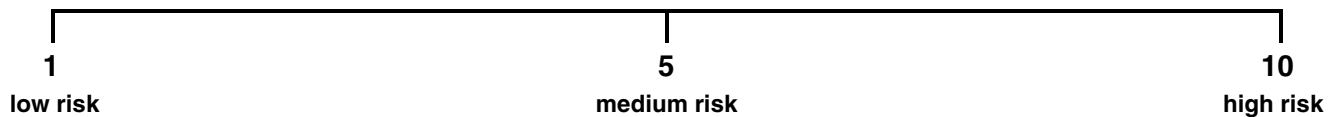
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In a few years:
(long term)

Risk continuum





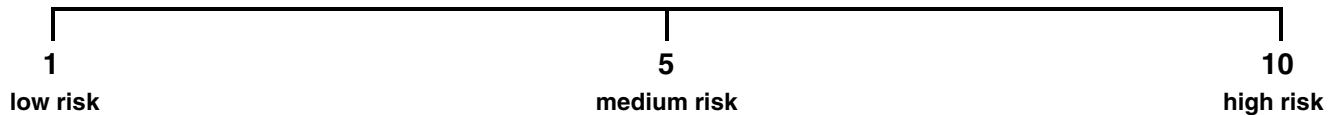
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Risk continuum



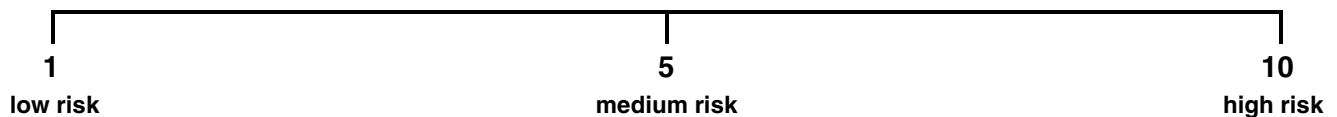
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Risk continuum





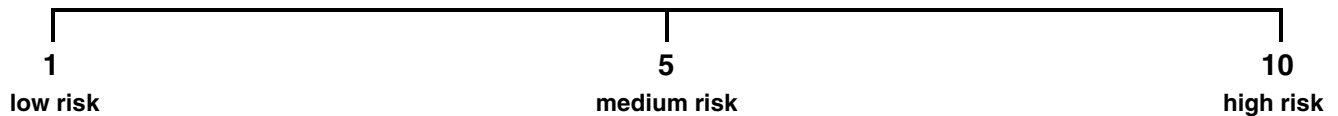
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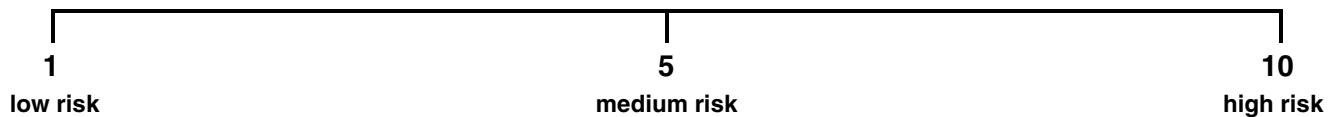
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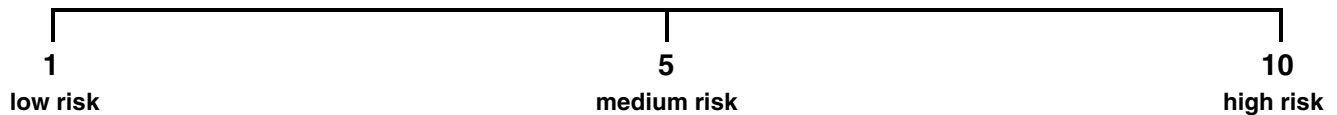
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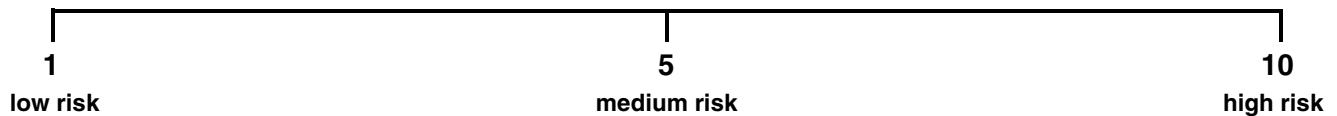
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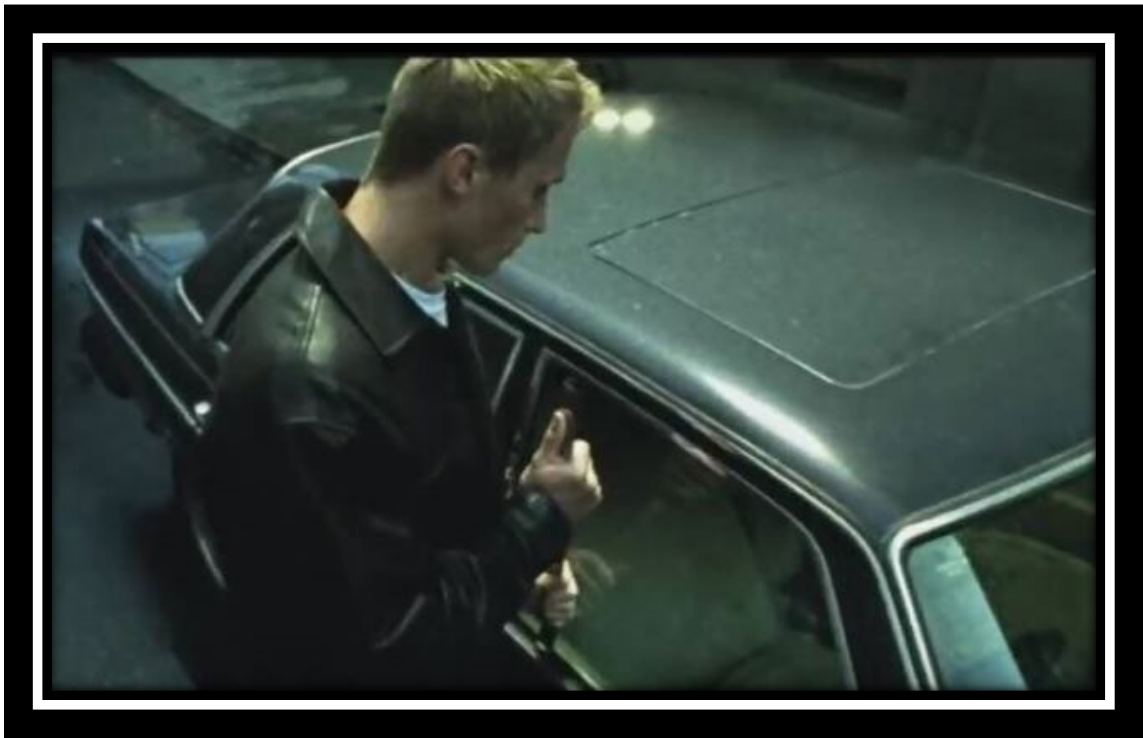
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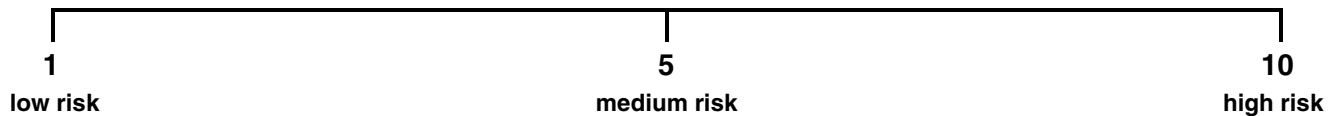
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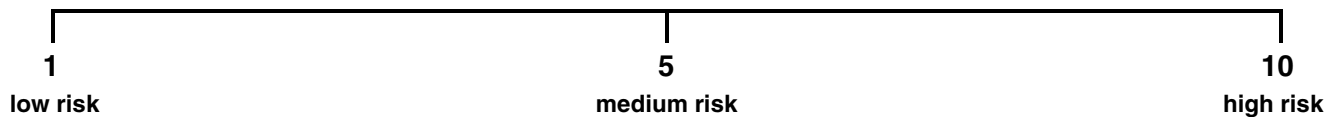
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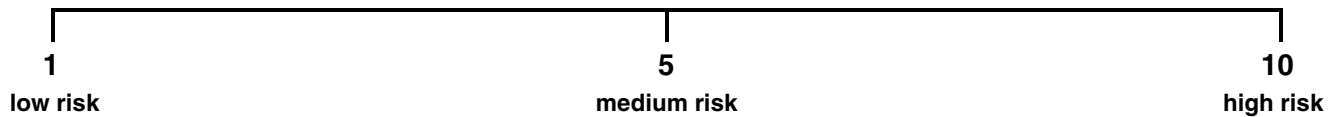
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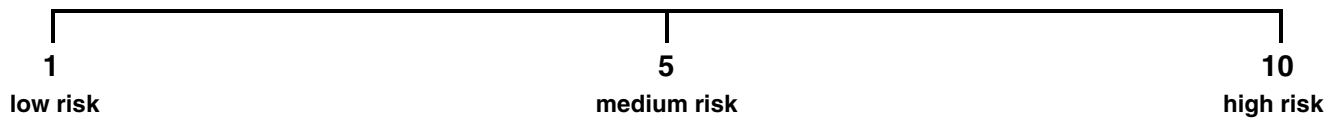
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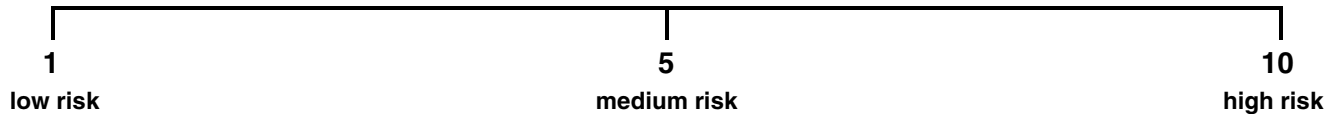
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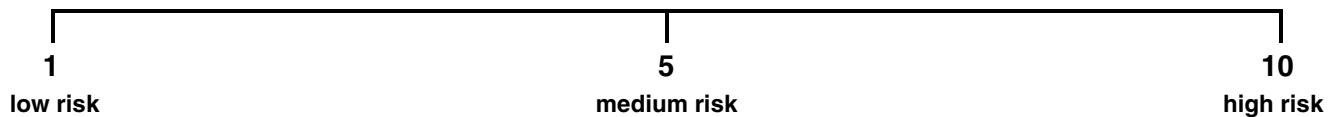
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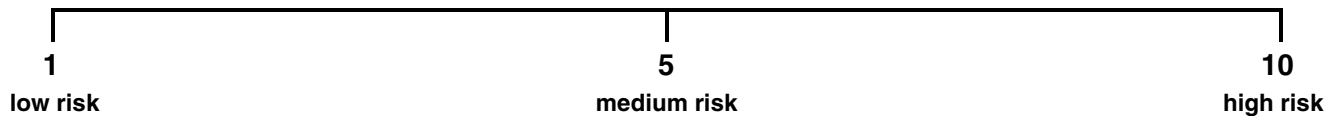
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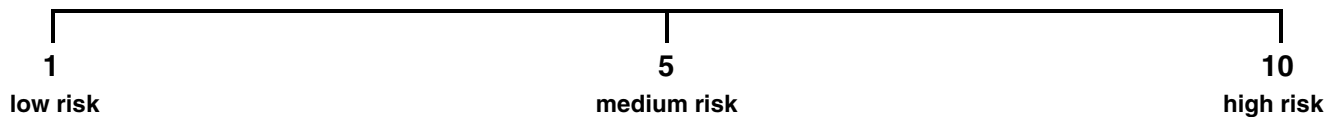
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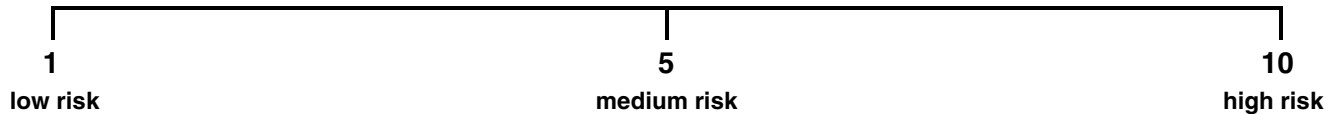
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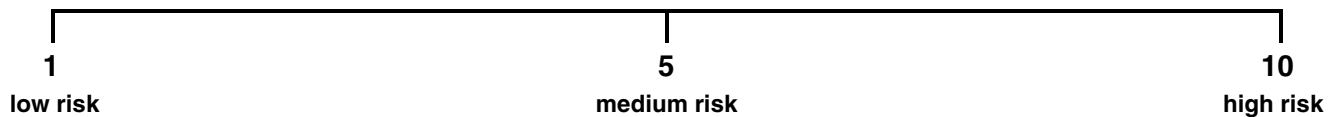
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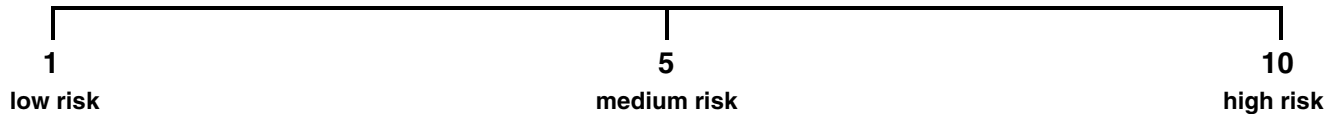
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