

TIME-OUT RISK QUIZ

Answer the questions below, giving an honest answer. We are not trying to trick you and your teacher will not see your answers. Then total up the number of Yes's and subtract the total number of No's from it. You might end up with a minus score, this is ok.

This is your score out of 20.

Questions	Yes	No	
1. Would you eat an unwashed apple?			
2. Would you ever cycle without a helmet?			
3. Would you buy/play a 'scratch card'?			
4. Would you smoke a cigarette?			
5. Would you ride in a car without seatbelts?			
6. Would you ever tell a lie?			
7. Would you ever cross a road and wait in the middle for traffic?			
8. Would you ever take part in a dangerous sport or activity?			
9. Would you ever sunbathe in the midday summer sun without skin protection?			
10. Would you ride a bicycle with poor brakes or worn tyres?			
11. Would you switch off an electrical appliance with wet or damp hands?			
12. Would you cycle at night/twilight without lights?			
13. Would you roller skate/use a skateboard on a road?			
14. Would you ride a bicycle 'no hands'?			
15. Would you walk on a road with no pavement?			
16. Would you ever swim out of your depth?			
17. Would you ever ride with a driver who has consumed alcohol?			
18. Would you lie about your age (to get into see a film, perhaps)?			
19. Would you take a test at school without revising?			
20. Would you ask a boy/girl to go out with you?			
Totals.			Overall

Below is an example of how to complete the quiz.

Questions	Yes	No	
1. Would you eat an unwashed apple?	✓		
2. Would you ever cycle without a helmet?		✓	
3. Would you buy/play a 'scratch card'?		✓	
4. Would you smoke a cigarette?		✓	
5. Would you ride in a car without seatbelts?	✓		
6. Would you ever tell a lie?	✓		
7. Would you ever cross a road and wait in the middle for traffic?	✓		
8. Would you ever take part in a dangerous sport or activity?	✓		
9. Would you ever sunbathe in the midday summer sun without skin protection?	✓		
10. Would you ride a bicycle with poor brakes or worn tyres?		✓	
11. Would you switch off an electrical appliance with wet or damp hands?	✓		
12. Would you cycle at night/twilight without lights?		✓	
13. Would you roller skate/use a skateboard on a road?	✓		
14. Would you ride a bicycle 'no hands'?	✓		
15. Would you walk on a road with no pavement?	✓		
16. Would you ever swim out of your depth?	✓		
17. Would you ever ride with a driver who has consumed alcohol?		✓	
18. Would you lie about your age (to get into see a film, perhaps)?	✓		
19. Would you take a test at school without revising?	✓		
20. Would you ask a boy/girl to go out with you?	✓		
Totals.	14	6	Overall 8

What did you score?

Score	Description
11+	You are just like Daz, if not worse. You are an accident waiting to happen. You do not think about the consequences of your actions and frequently put yourself and others in danger.
6 to 10	You're Aslam. You are aware of the risks involved in doing things, but get carried away and ignore them. You often encourage others to behave dangerously.
1 to 5	You're Sam. You are aware of the dangers but sometimes will go along with the crowd and put yourself in danger, just to please others.
-5 to 0	You are Martin. You know that some risks are acceptable and have to be taken in everyday life. You try to avoid taking risks that could seriously harm you or others.
-20 to -5	You don't take many risks at all. This may make sure you are safe but may also mean you cannot enjoy life to the full. Sometimes we need to take risks in our life in order to succeed.