



Gateway to Success Teachers' Newsletter

Risky Behavior in Teens

Teens seem to seek out extreme sports. From skateboarding to riding roller coasters, the rush of adrenaline can give teens a sense of danger and exhilaration. That feeling of adrenaline, danger and exhilaration can feel so good that it can become addictive. The student who is always hurt, in a cast or doing something outrageous may just have an "addiction" to risky behavior.

Risky behavior can be unlike any other "drug" because it can take many different forms. Even regular activities like skateboard, riding a bike, and driving can be executed in such an extreme way. If you find yourself worried about a specific student and their behavior, talk to the teen. Try to understand why he or she engages in such behaviors. Perhaps, the teen is attempting to master a skill or sport and it may be reasonable for them to attempt somewhat dangerous maneuvers. However, some teens may be engaging in risky behavior to mask negative feelings like depression and anger. If that's the case, encourage the student to talk to someone like yourself, a friend, a parent or counselor. Encourage them to gain a better understanding of why they are engaging in risky behavior and if there are safer activities that they can engage in.

Above all else, encourage safety measures like helmets, knee and elbow pads. Also, if you are worried about the safety of your students, talk to their guardian or parent and tell them about your concerns. Sharing your concerns can also help your student understand that you care not just for their academic success but also for their physical safety and emotional well-being.



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For more information contact the Director of Pupil Services (626) 943-3410

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