

People who engage in high-risk behaviors need to value themselves and their lives.

Most often it is friends who successfully confront high-risk behaviors.

Stop a friend if they are taking unsafe risks! Think about how you will feel if something terrible happens and you could have stopped them.

In the thrill of the moment, high risk takers are not thinking clearly.

Take action to prevent serious injury or death.

Give this brochure to them, talk about your concerns.



For Emergency Help:

Call: 911

Wheeler Emergency Services  
(866) 261-0893

Non-Emergency Phone Numbers

Infoline - 211

W. H. Police - 523-5203

HopeWorks - 561-1175

The Bridge - 521-8035

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## Understanding High-Risk Behaviors

*Friends are God's way of taking care of us.*

*I'll lean on you and you lean on me and we'll be okay.*

*-- Dave Matthews*



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Providing hope and help to young people and their families through counseling and education

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People engage in high risk activities because they do not seriously think they can be badly injured or killed.

### Examples of High-Risk Activities

- \* Driving while drunk or high
- \* Driving too fast
- \* Engaging in strangulation for sexual gratification (people die from this every day)
- \* Using inhalants to get high (brain damage and death follow)
- \* Having unprotected sex with an untested partner (STDS and AIDS may cause death)
- \* Getting high on illegal or unknown substances
- \* Starving, bingeing or purging

### Ask yourself:

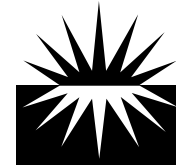
- \* Am I putting my life and health at risk with dangerous behaviors?
- \* Am I addicted to the adrenaline rush of high-risk behaviors?
- \* Have friends or family members expressed concern that I may get seriously hurt?
- \* What am I getting out of these activities?
- \* What am I not dealing with in my life?



If you want help to stop dangerous activities, talk with a counselor, a friend, your parents or a trusted adult.

### The impulse to put yourself in danger is a sign to STOP and ask:

- ☉ Do I need to be more honest in some area of my life?
- ☉ Are my relationships healthy?
- ☉ How can I feel more alive?



- ☉ Am I experiencing extreme anxiety or confusion?
- ☉ Am I expecting too much from myself?
- ☉ Do I need to challenge myself more?