Key Ideas

- 1. **Risk**: potential for harm or danger; it is conditional and contextual, tied to power, cultural norms and expectations, and is always present in multiple forms but to varying degrees.
- 2. **Boundaries:** reasonable limits an actor puts in place to manage risk to themselves and/or their relationships.
- 3. **Support:** strategy or tool that decreases potential for harm/danger and/or increases certainty and clarity in relationships and expectations.
- 4. The greater the risk, the greater the need for support(s).
- 5. When an actor is taking on a challenge that involves a high level of risk in one domain, supports in other domains can help them remain within their boundaries and continue engaging in their work.

If risk is a spectrum, where does your choice fall? Is it within your boundaries?

Lower risk Boundary Higher risk

Questions for Assessing Risk

Individual Risks: How could this choice impact me?

Physical: How could this choice impact my body? How likely is this choice to result in injury, illness, or exposure to harsh environmental elements?

Emotional: How is this choice likely to impact me emotionally? How vulnerable does it require me to be?

Personal: How likely is it that this choice will ask me to challenge or compromise my values and/or beliefs?

Creative: How might this choice challenge my artistic skills, my thinking, or my approach to working? What are the chances it will fail?

Interpersonal Risks: How could this choice impact my relationships or standing with...

Social: my peers and/or friends?

Cultural: my family, community, and/or faith? **Academic:** my instructor, school, and/or this class?

Professional: my colleagues, supervisor, and/or industry?