

# Risk Mentor Tool

## Secrets to Success

After discussing the purpose of the session and the ground rules, the first activity is to generate a list of “secrets to success.” The goal of this activity is for your group’s successful risk takers to share with newer members strategies for managing risk and avoiding risk failure.

Have set up and visible to the group the approach you’ve chosen to record and share the group’s ideas (e.g., a whiteboard or flip chart with markers or a laptop connected to an LCD projector and a blank wall). You can use the format of “Our Secrets to Success” (located later in this tool) for recording ideas.

### Question 1: Secrets to Success While at a Party

**Sample script:** “We’re going to begin by identifying some ways you can have fun at a party but not have it become a problem for yourself, our organization, or other people. To start things off, we’ll hear a few strategies from our group’s upperclassmen leader team. They’ve been with us longer and have had time to learn the dos and don’ts of partying. After they share their strategies, we’ll open it up to the group to hear additional strategies.”

*(Record strategies as the group leaders mention them.)* “Thank you. Just a reminder that we’re all here to help. If you have questions about any of these strategies, feel free to reach out to the person who shared them. Now I’d like to open it up to the whole group. What are some of your secrets to success that haven’t been mentioned?” *(Record the strategies mentioned by other group members. If you are concerned that a strategy that is named may be dangerous or incorrect, omit it.)*

Optional approach to the group brainstorming: Instead of having group members call out answers, do the Risk-Management Kit activity or the On a Scale of . . . activity that follow.

### Question 2: Secrets to Success Outside of Parties

**Sample script:** “The next area we’ll cover is what group members do in non-party, drinking situations to avoid risk failure. We’ll start again with strategies from our leader team, followed by strategies from the whole group.”

*(Record strategies as the group leaders mention them.)* “Thank you. Let’s open it up to the rest of the group. What are some of your secrets to success in non-party drinking situations that haven’t been mentioned?” *(Record the strategies mentioned by other group members.)*

# Optional Activities for Group Brainstorming

## Risk-Management Kit

In this activity you tap into the creativity of the group. Prior to this meeting ask each member of your leader team to bring at least one item that represents their secrets to success. For example:

- **Bottle of water:** Staying hydrated
- **Alarm clock:** Stopping drinking at a certain time
- **Book:** Spending extra time at the library
- **Package of noodles:** Eating before and after the party
- **Shot glass:** Only doing a certain number of shots
- **Cup:** Measuring how much wine/beer to have
- **Bottle caps:** Keeping the cap of each drink you consume in your pocket to tally how many you've had in an evening
- **Seltzer water:** Telling others you're having a vodka and soda, but it's really just seltzer water

Call on each member of your leader team to bring their item to the front of the room, describe what the item represents, and how they use that strategy to manage risk successfully. Once the leader team has shared its strategies, ask group members to share additional strategies. Record all the strategies that are mentioned using the format of Our Secrets to Success.

## On a Scale of . . .

Another way to get members talking about their secrets to success is to use a 1 to 5 scale. In this scale, one signifies good, three is middle of the road, five is bad. You can use things like emojis, images, or memes to represent the five points on the scale. For example:



Start by pointing to the grinning face emoji (on the far left). Ask members of your leader team, “What do you do to wake up the day after a party feeling like this?” A group leader might say that they stick to one or two beers at a party to wake up feeling like the grinning face emoji. Then choose the next item on the scale and ask the same question. A group leader might say that the second face on the emoji scale (the slightly smiling face) represents a night where they drank a lot early in the evening, and cut themselves off at midnight.

Focus on the first three points on the scale, since these are the ones that indicate risk success. The last two points on the scale depict bad hangovers, which indicate risk failure. Remember to record members' strategies using Our Secrets to Success.

You can also use a 1 to 5 scale to encourage members to talk about strategies related to issues such as how in control/out of control group members act at a party.

## Our Secrets to Success

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.