



Do you know that your personality shapes the amount of risk you are willing to take?

Risk-taking can be good or bad  
- it depends on the situation you're in.

At RYDA, you completed a short quiz about general areas of your personality. Even though none of the questions were about driving - every one of them gave you an insight into the kind of driver or passenger you might be. By identifying the parts of your personality that put you at higher risk in certain situations, you can be ready with strategies to manage them.

We are individuals with our own personalities. We need to develop individual strategies to manage our risks. You have power to manage your lowest score area and being aware is the first step. Check out page 4 of your GPS for tips and follow our [guide on how to be your own coach](#).

Want to take the quiz again or compare results with friends and family? Here's the quiz...  
*Remember, rate yourself using the scale below, tally up each section and circle your lowest scoring area. That's the one you can work on strengthening first.*

## THE 'I' IN DRIVE



### Knowing myself

- I am realistic about my abilities. I don't over-estimate or under-estimate myself (this could be in sport or academic work)
- If I asked someone (for example a teacher or coach) for feedback on my abilities it would be about the same as my own opinion
- I'm able to tell if I'm acting safely, for example, I would easily know if I'm taking too many risks
- I know what my strengths and weaknesses are
- I weigh up my strengths and abilities when I need to make an important decision


TOTAL

**Speaking Up**

- I'd speak up if I felt uncomfortable or in an unsafe situation
- I'd persuade others to think twice when they're being too risky
- I'd find it easy to give a hard message to a friend (for example if they were doing something that was dangerous to them)
- I'd stand up for a friend if they were being bullied (or I'd stand up for myself if I was being bullied)
- I decide what happens to me - not other people

TOTAL

**Self Control**

- If someone is pressuring me, or when I'm in a hurry, I find it easy to stay calm and not get affected
- Even with lots of things going on around me I can still concentrate on the task at hand (like doing my homework in a busy room)
- I am a patient person – I don't get frustrated quickly (for example can you stand peacefully in a long queue waiting to buy something?)
- When I suffer a setback, I am able to focus on the situation positively and find a solution
- I can set myself blackout (or time-out) periods from devices and games, and focus on my homework (without fail - no quick peaks or five minute breaks)

TOTAL

**Risk Awareness**

- I stay on the side of caution and avoid doing risky things when I could get hurt
- I'm law abiding and never think about doing things that are illegal (like downloading pirated music or movies)
- I weigh up positives and negatives before making a decision
- I would make an excuse so I didn't have to go along with my friends if I felt uncomfortable
- I stick with my decisions and don't change them just to please my friends

TOTAL

**Thinking Social**

- I often help others out (in a general way)
- I think about the effects on other people before I act
- I obey laws, and agree with penalties, because I believe they are there to protect everyone (from late fees to jail sentences for serious crimes)
- I believe in donating money or volunteering for a charity.
- I make sure I don't let my bad day affect others, (like being rude to your mum or dad after a bad day at school)

TOTAL