

# Disaster Risk Management

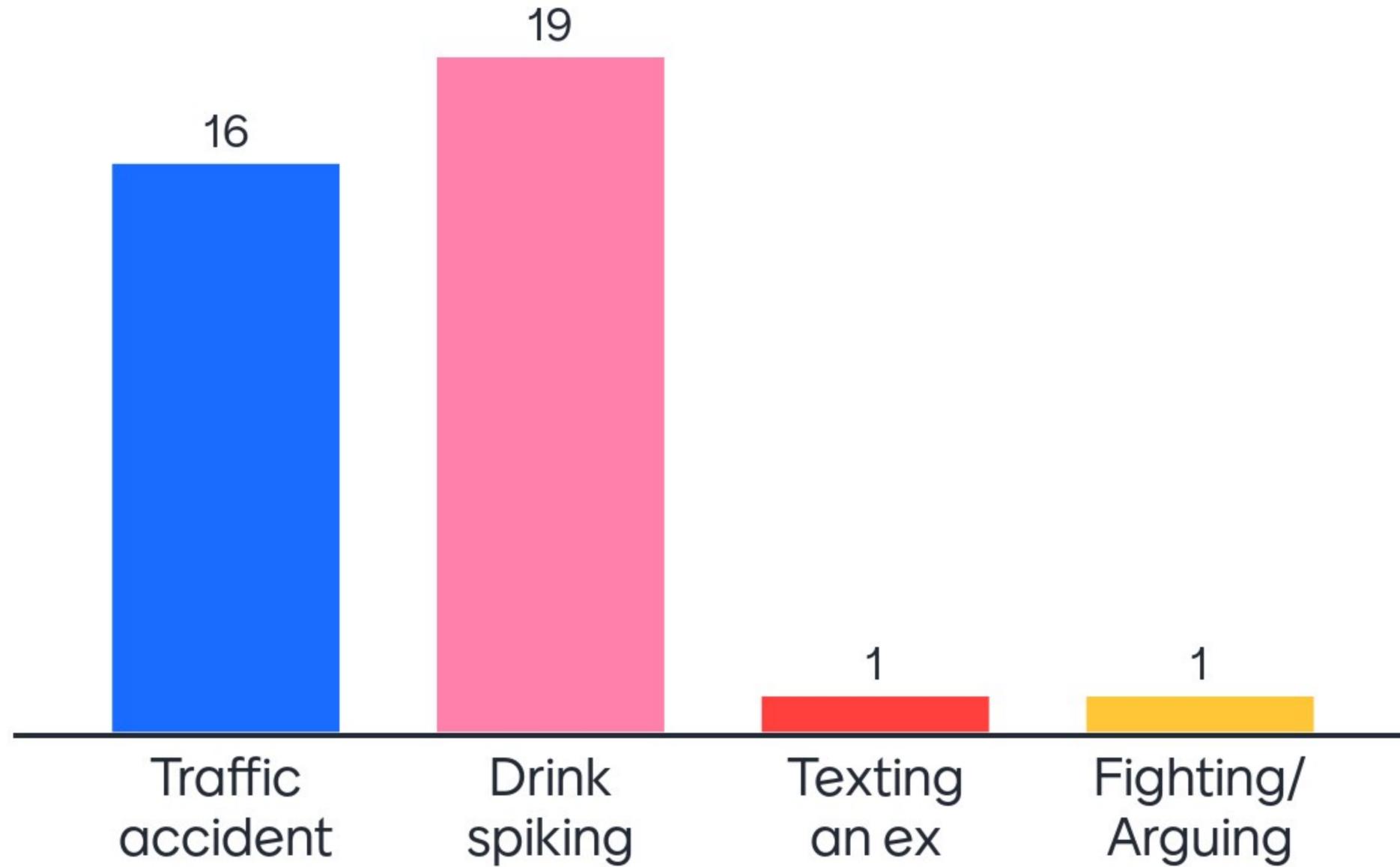
M10 -Prevention



# How to prevent and reduce risk



You are attending a party (plenty to drink), which one of the following is a high risk (high probability/high impact)



## Elements of Risk

- HAZARD: A dangerous phenomenon, substance, human activity or condition that may cause loss of life, injury or damage.
- EXPOSURE: People, property, systems, or other elements present in hazard zones that are thereby subject to potential losses.
- VULNERABILITY: The characteristics and circumstances of a community, system or asset that make it susceptible to the damaging effects of a hazard.

# What is the hazard (source of danger)

men

bad people

Other people drinking and then driving

Men

revealing too much about myself

creeps that find spiking drinks fun

Men

absence of sec education

other people on the road

# What is the hazard (source of danger)

men

violence

Drunk people driving at the same time as me

Tiredness, alcohol percentage. Excitement

people driving drunk

saying embarrassing things to others

bad people, pickpockets

People

abusive misogynistic men

# What is the hazard (source of danger)

violence

dangerous situations I can't control

Drunk people My unconsciousness

people not controlling themselves

people taking advantage of drunk people

Drunk people can be dangerous

Drunk driving

sexual transmitted diseases

young people often drive when they drink,  
because they have not the perception of the risk  
at the moment. Me too.

# What is the hazard (source of danger)

sexual harassment

covid

Unconscious

People who find their life unfulfilled and try to get that kind of "sparkle" and great feeling in degenerate others

drunk driving, embarrassing myself

opening up to strangers

Women

Drunk people

people who take advantage of the vulnerability of others

# What is the hazard (source of danger)

not getting out of the house

Not drinking

don't be alone in the dark street

stay with people I trust in

The use of means of transport should be increased. They doesn't work well in Rome and for this reason we used especially cars.

Educate people when kids

Educate men

Means of transport

Myself and my belongings

# What is the hazard (source of danger)

Myself and my belongings

# Can you prevent (make zero) or reduce the hazard

Not drinking if I'm not with someone trustable

invent a glass cover

make sure to always watch your drink, don't drink too much to remain vigil

go with loyal friends

by raising my self esteem

drink less

not getting out of the house

put a hand on the drink

paying a lot of attention

# Can you prevent (make zero) or reduce the hazard

be sure to be responsible

Make sure the designated driver doesn't drink

Choose the bar/club in a safe neighbourhood  
Go out with friends  
Do not leave a glass and leave  
Do not drink with strangers

stay lucid

impossible to prevent because it is not dependent on one self's behavior. watch out, stay with friends, cover drink, be aware!

be responsible

Having somebody external to pick you up, or getting a taxi

staying sober

drink responsibly

# Can you prevent (make zero) or reduce the hazard

go out with someone you trust

educate men

Tell your relatives/friends where you go

drink before entering the disco with alcohol that you bought

chose to not to drink at at party so you can drive safe

order angel shots

not drink/drink less

Don't drink!

Put juice in your drink and say it's wine

# Can you prevent (make zero) or reduce the hazard

Always make sure that someone you trust knows where you are

respect of my life

If you see somebody drinking and you know that person has a car then try to stop that person from driving

Smoke weed instead

# What is the exposure (value)

consent

Life

Your dignity, life and health

My life?

My life and the one of the others in a car with me

my dignity

Life

my v card and consent

life

# What is the exposure (value)

consent

Health

dignity and consent

physical and mental health

belongings

Life

me as a human being

trust

Safety

# What is the exposure (value)

my friend

my life

Public safety in case of drunk driving

Id

Everything and everyone

my driving license

dignity and consent

Worth

my values

# What is the exposure (value)

mental health

belongings

Law and traffic rules

friends

# Can you prevent (make zero) or reduce the exposure (location based)

have some dignity

a drug check at the entrance

Always make sure that someone you trust knows where you are going

put phone on airplane mode so you don't text your ex

have a party in a house with only people you know

be aware whilst your drink is being served

Smoke weed instead

go to locations that you know, locations with people of similar age

Stay home Don't drink Send the location to your family/relatives

# Can you prevent (make zero) or reduce the exposure (location based)

recording everyone's identity at the entrance

push away those who try to bother you

Make somebody lucid and sober to drive

try to stay with your friends

going in a sure place

being always with friends

write down all dangers you might encounter to be better prepared

Not using my phone, like putting somewhere I can't find it

stay with friends

# Can you prevent (make zero) or reduce the exposure (location based)

Have a trust friend

Stick with your group of friends, don't be alone

Having police officers outside bars and clubs to check who is going to drive

Have friends with you

Carry with you safety gadgets

do not drink what people- friends included- give you

# What is the vulnerability (aggravating factors)

Peer pressure

friends leaving me alone

being unconscious(drunk/high)

getting convinced by others

being lonely and wanting to forget

Being confiding

naiveness

Feeling alone, even though I'm not

Be on my period, being tired (not enough sleep)

# What is the vulnerability (aggravating factors)

being sleepy

being alone drunk

having my issues triggered (being taken advantage of)

People trying to convince you that one drink is not a problem for driving

distraction from family problems

Not eating before drinking

be alone

Feeling dizzy

sadness

# What is the vulnerability (aggravating factors)

Break up

being flirty

getting distracted by some issues I still have to solve

Addiction

Drink on empty stomach

not being lucid

being depressed

helps me be socially better

being kind (kindness is not consent)

# What is the vulnerability (aggravating factors)

Laws to improve social context

# Can you prevent (make zero) or reduce the vulnerability

therapy

follow my friends

Educate myself on what can happen in clubs/bars

go out with friends who can help you if necessary

work more on getting to know myself

make sure we establish rules with friends (not going to strangers' home)

talk with people that love you and make you feel safe

Sensibilise on the dangers of drunk driving

draw clear lines

# Can you prevent (make zero) or reduce the vulnerability

I think I cannot prevent the feeling alone

Not letting my irrational side took over my decisions

strengthening my boundaries

establishing rules

looking to fulfill social needs in other ways

\*irrational/emotional

always be aware and have the eyes everywhere, although having fun

always keep good friends close

set limits

# Can you prevent (make zero) or reduce the vulnerability

Make sure to eat enough, get enough sleep and to know why you re going to the club (if you know you wanna get wasted you go with sonebody tyat drives and take care of you)

set limits

meditation, learn to face your feelings

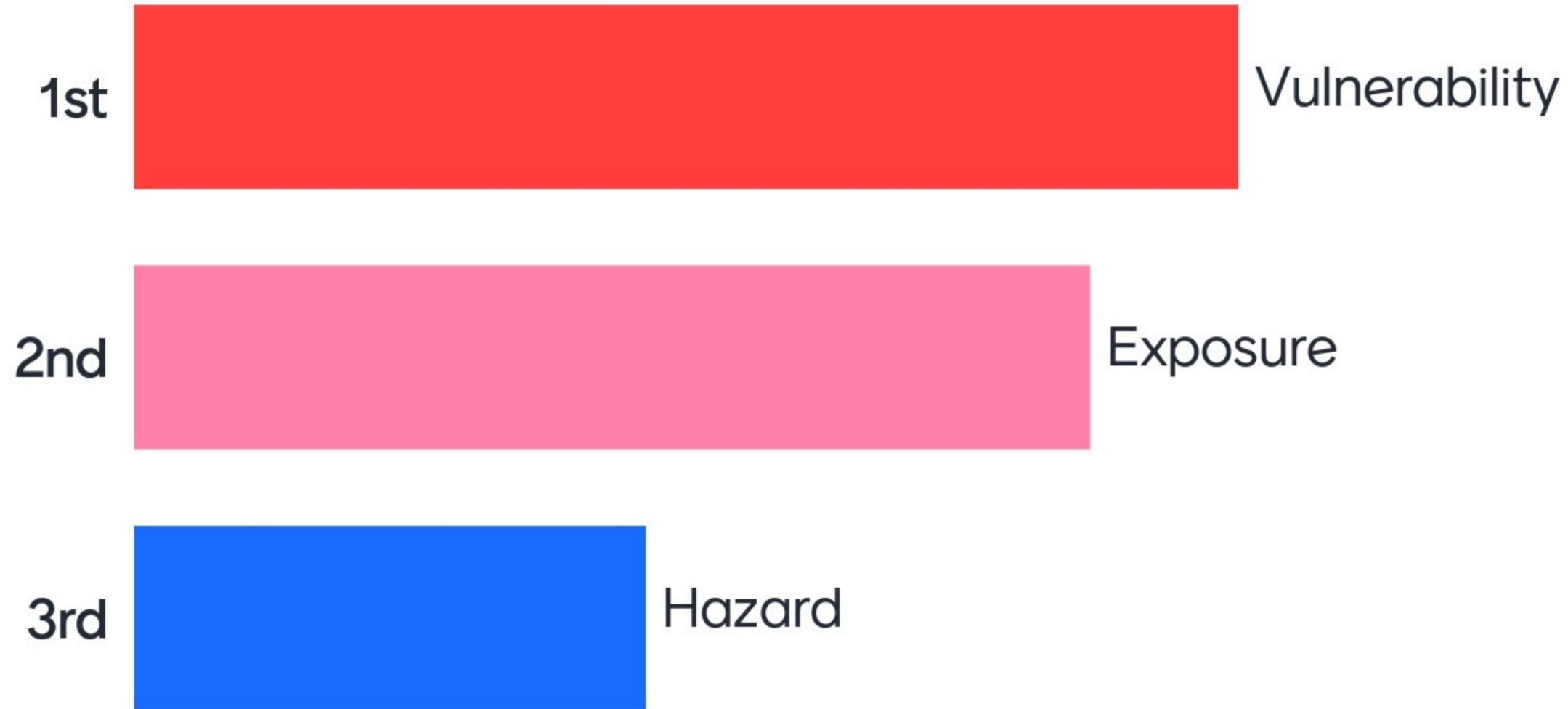
learn to get used to feeling comfortable alone

Don't trust everyone you meet

Always make sure that someone has your back in those situations

learn to not get manipulated easily

# Which one can you act on yourself?



# Warning sign

loosing friends

Dizziness

"let's go out so we can talk better"

are the men there in the same proportion as the women

someone acting suspiciously / too insistently

Seeing people drinking in a bar or club and then taking their car to move

The driver starts speeding too much

Person gets too close Conversation starts to be way too personal

The car start sliding

# Warning sign

not being able to walk properly

Having my mind in stand by

people become aggressive

someone looking increasily

let's go dance over there

when they keep being touchy

strange man is to close and acts  
strangely

losing attention

the reputation of the place

# Warning sign

Tampered food and beverages

repressed anger

Understanding theoretical things  
through real life examples

Guys getting too touchy even just to  
ask where the bathroom is

people being persisten over  
something

The driver gets distracted easily

how many people there are

# Session Summary

- Use of hazard, exposure and vulnerability
- Apply prevention and reduction

# What did you find most useful in this session?

thinking about the risks of where we go or what we do

learning how to read and prevent a hazard that especially us as girls are exposed to daily

It was extremely interesting to practice on the real life situations and learn new content.

mentimeter. men and women live a completely different life, kinda scary

Hearing about your life experiences

Raised awareness on probable dangers

Making all of us more aware of the risks we encounter everyday and how we can deal with them

understanding there are things we can control to be safer

rising awareness

# What did you find most useful in this session?

I always love menti exercise. I get distracted very easily and being able to get into irl examples makes me keep my attention high

have a reminder of the risks we run everyday as women

learning the differences between hazard, exposure and vulnerability

being more aware of our surroundings to prevent problems

it's always AMAZING applying theory to real life events

To be honest I realised i can't differentiate between a few of the terms, are there any more exercises that I could possibly look at?

talking about our personal possible hazards

It made me analyse a situation from the point of view of new content. And I memorised new info better

drawing attention to the drink spiking which one of the things most of us(most women) face in our daily lives

# What did you find most useful in this session?

try to get people reflect on daily issues

we might not be able to act on the hazard, but we can deal with exposure and vulnerability to be safer

deep analysis of the topic

everyone thinks that the alcohol abuse in our age is only our fault, but we don't understand how is a problem of how our society is built and the answers to these questions showed it

I realised that I don't go to clubs for a good reason

help reducing an actual real life hazard that could occur to anyone

Hazard and vulnerability in my life