

## Safety behavior 1- Assisting and supporting others

I part took in rock climbing. I demonstrated assisting and supporting others. My behavior affected my physical safety positively. This is because I was able to help someone else out and make them even more confident about what they doing and I could also make them feel like they weren't going to encounter any dangerous occurrences. This also affected my emotional safety because it made me feel better because I made someone feel happy and comfortable about facing their fear of heights. My actions affected my physical and emotional safety positively because I made myself happy because my positive actions made someone else comfortable and happy about the rock climbing experience. My behaviour affected my physical emotional safety positively because when my partner was rock climbing and she was too scared to continue to go up because she was afraid that if she falls, she'll hurt herself while we were belaying. She probably thought that I might not be able to hold her weight with the rope so she wanted to come down. in that situation, it was my duty to encourage her and to help her move forward and to go up. I would always remind her that I've got her back and if she does let go then I have got her back and she won't fall. My behaviour influenced her to go as high as possible and for her to push herself and for her to strive to do her best.

## Safety behavior 2- Conflict resolution

I part took in rock climbing. I demonstrated conflict/resolution. My behavior affected my physical safety positively and negatively. This affecting my physical safety positively because I don't necessarily like my belaying partner and I couldn't really trust her so it made me uneasy to work with her. This also affected my emotional safety because if I hadn't been able fix my own problems, I would have had to get other people and teachers involved. I decided to be the bigger person and not create an issue and to just work with her. The affected my emotional safety negatively because that situation made me uneasy and it was kind of agonizing. This also affected my physical safety positively and negatively because I didn't think I could trust her belaying with me but I was good that I stepped outside of my comfort zone to work with her. I know this affected my physical and emotional safety because I felt a whole bunch of emotions whilst doing this activity. I did respond positively to the situation but I could have been more positive and outgoing to my partner. I could have communicated with her a lot more and talked to her alwell but I chose not to. Next time I could communicate with my partner better. My behaviour save both me and my partner a whole lot of trouble because if I had refused to work with her, then there would have been a whole lot more trouble looking for someone else to work with then I'd have to get others involved etc. For me to just deal with working with her for 20-30 mins was good because for me it was stepping outside of my comfort zone.