

# Risky Behavior Checklist (RBC)



Parents have a very important role to play in reducing potentially damaging risk-taking of their children and adolescents.<sup>2</sup> The RBC was developed to help parents take stock of risky behaviors that could have lasting damaging effects on developing children. We recognize that some of the questions within the RBC may be uncomfortable for some families to discuss, which may reduce parental awareness of risky behaviors in their children.

## Focus

The RBC focuses on risk-taking that may have a detrimental impact on the child or adolescent. It covers health, educational, relationship and injury risk. It does not cover positive pro-social risks such as trying new activities at school or making new friends.

- The RBC addresses behaviors that could be unhealthy, such as alcohol and drug misuse, and use of tobacco products.
- Behaviors that could present injury danger to the child or someone else are covered.
- Behaviors that could have a detrimental impact on a child's education are included.
- The RBC includes behaviors that could lead to a criminal record.
- Finally, the RBC also includes behaviors that could disrupt relationships.

## At a glance

Risk-taking by children and adolescents is a normal part of growing up. Not all risks are dangerous, and some scientists are researching pro-social risk-taking behaviors.<sup>1</sup> The Risky Behavior Checklist (RBC) was developed after reviewing the literature and is designed to be completed by parents. The RBC concentrates on potential harmful risk-taking that parents may be aware of.

### Found in

MyFampal Parent

### Source

MyFampal

### Abbreviation

RBC

### Category

Know your child

For children aged 8+

Answered by adult

### Structure & Focus

12 questions

Behaviors that could present a health, educational, relationship or injury risk.

### Frequency

Every 6 months

### Credibility

Currently In Trial



## Strengths and limitations

### Pros:

- Simple to complete
- Encompasses a broad definition of risk beyond health risk

### Cons:

- Focuses on detrimental risk-taking only, not pro-social risk
- We anticipate that adolescents hide excessively risky behaviors from their parents, so results are likely to be an underestimate

## Comparator information

THE RBC was developed in 2016 and is being evaluated by MyFampal. This means that no comparisons are currently available.

As soon as MyFampal has sufficient responses from our families we will report individual responses compared with a population distribution.

## References

1 Skaar NR, Christ TJ, Jacobucci R. Measuring Adolescent Prosocial and Health Risk Behavior in Schools: Initial Development of a Screening Measure. *School Ment Health* 2014; **6**: 137–49.

2 Nelson BV, Patience TH, MacDonald DC. Adolescent Risk Behavior and the Influence of Parents and Education. *J Am Board Fam Pract* 1999; **12**: 436–43.

For more information

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