

ID	456
Curricular Unit	Management of Risk Behaviors
Regent	N/A
Learning Outcomes	Understand the concept of risk, the main factors causing them and the strategies for their management. Develop projects that promote health promotion skills of risk management.
Syllabus	The concept of risk.Variants of risk - real risk / imaginary, physical, biological, psychological, vocational, social.The social boundaries and rules of good manners - risks that do not would run, limits and individual tolerances.The Trial of Risk - the healthy nature of the risk factor as personal development.Risk characterization at different stages of development.Turbulence pathology.The Symptom as Communication malaise.Psycho-social skills.The balance of spheres of operation / existence for mental health.Contextualization of risk in modern society.Turbulence and risks in a changing society.Teams / Groups / Bands / Youth Cultures and institutional.Motorways of information / knowledge paths.Social paradoxes at the beginning of the millennium.The production, investment and consumption.Exhaustion syndrome.Exploration projects for prevention and health promotion.What is prevention as opposed to health promotion.The Social Marketing Models of assistance.Group Dynamics.
Evaluation	Submission of a brief literature review on work or one of the topics presented.
Bibliography	ASSOCIAÇÃO PARA O PLANEAMENTO DA FAMÍLIA (APF) - "Contributos de saúde sexual e reprodutiva para a erradicação da pobreza".BLANCHET, L., e outros (1993) - «La prévention et la promotion et la promotion en santé mentale», Gaetan Morin Éditeur, Québec.CÂMARA, J. (1996) - «Surfistas, Freaks e... os outros. Os Estilos de Vida»; in: CAT das Taipas (ed.) (1997) - «Colectânea de Textos Vol. IX», Lisboa pp. 160-163.CARVALHO, M.J.L. (2003) - «Entre as malhas do desvio», Celta Editora, Oeiras.DUPARC, F. et VASSEUR, C. (ed) (2006) - «Les conduites à risque - au regard de la psychanalyse». Editions in Press, Chambéry.FERREIRA, T., CARVALHO, p.t. 82002) - «Histórias de desencantar - os afectos da inquietude», Ancora Editora, Lisboa.FLEMING, M. (2005) - «Entre o medo e o desejo de crescer - Psicologia da adolescência», Edições Afrontamento, Porto.GUERRA, M.P., LIMA, L. (coord.) (2005) - «Invenção Psicológica em grupos em contexto de saúde», CLIMEPSI, Lisboa.GOMES PEDRO, J. (ed.) (1999) - «Stress e Vio