

Five-Minute Risk Scan

A quick safety check for astronomy-based well-being activities

Use this tool before every session. Spend five minutes scanning across five domains. Rate each one as Red (high/likely risk), Amber (moderate risk), or Green (low risk). Address Reds first, then Ambers.

Psychological	Ask: Could the content trigger difficult feelings? Existential themes, trauma reminders, risk of dissociation. What to do: Give a short content notice, provide opt-out options, plan grounding breaks.
Group Dynamics	Ask: Might the way people interact create risks? Social anxiety, conflict, dominance by a few voices. What to do: Set a group agreement, use small groups, invite quieter voices.
Physical and Outdoor	Ask: What hazards might the environment bring? Terrain, lighting, weather, wildlife, equipment misuse. What to do: Walk the site, check weather, bring torches, carry a first-aid kit.
Cultural and Context	Ask: Could the way the activity is framed cause problems? Stigma, insensitive themes, privacy concerns. What to do: Work with local partners, use relevant stories, avoid photos without consent.
Accessibility and Legal	Ask: Is the activity safe and open for everyone? Mobility or sensory barriers, minors, data/privacy risks. What to do: Provide accessible seating, follow safeguarding rules, minimise data collection.

Quick Reminder

✓ Predict: What could go wrong? ✓ Prevent: Adjust content and logistics ✓ Prepare: Have scripts, supplies, and referrals ready.
This scan takes five minutes but can prevent serious harm.