



A Letter to Loved Ones



Assignment Objective

To encourage thoughtful reflection on the serious consequences of reckless riding by considering personal wishes in the event of a severe accident.

Introduction

Imagine a scenario where you're involved in a terrible accident while riding your e-bike. Due to severe injuries, you're unable to move or speak, and this condition could last a long time, maybe for life. It's an unsettling thought, but it's important to consider what you would want to happen under these circumstances. You're not bound by today's decisions, but consider this a chance to begin important conversations with your loved ones.

Your Assignment

1. Think About Your Wishes:

- Consider what you would want your family and friends to know about your preferences for care and support if you were unable to express them yourself.
- How would you like your parents to handle such a situation? What about your siblings or close friends? Do you want them to try and go on with their lives? Or ... *what?* Loved ones are asked to think about what they'd want for you in this situation.

2. Discuss with a Parent or Guardian:

- Have an open discussion with your parent or guardian about your thoughts. Though difficult, this conversation can provide eye-opening clarity for both you and your loved ones.

3. Write Your Letter:

- Once you've had the conversation, write a letter to your loved ones. Outline your wishes and thoughts on what they should do if you were in such a critical condition. If you feel ready, you might share the letter with your parent or guardian.
- Remember, you can always update or change your wishes later. This exercise is mostly about thinking through the potential consequences of risky behavior and starting these discussions.

Reflection

This assignment may bring about intense emotions, but it's designed to help you understand the gravity of dangerous riding habits and the ripple effects they could have on your life as well as the lives of those around you. Take the time to ask yourself if you're even ready for these decisions. If not, maybe it's time to reconsider how you ride.