

BE SMART ABOUT DECISIONS

Model

Learning to make good decisions is part of being a responsible teen. See how one teen used the six-step process to make a choice that improved his health.

Jonathan woke up with a fever and white spots in his throat. He knows that he should stay home from school, but today's the audition for the play, and he really wants to get a part. What should he do?

1. STATE THE SITUATION

I want to go to school, but I should stay home because I'm sick.

2. LIST THE OPTIONS

I could go to school and audition for the play, or stay home and call the drama teacher to explain my situation.

3. WEIGH THE POSSIBLE OUTCOMES

- A. If I go to school, I could audition for the play. But since I'm sick, I might not do my best at the audition. Also, I might not get over my illness quickly.
- B. If I stay home, I won't be able to audition for the play. But if I feel better tomorrow, I might be able to audition then.

4. CONSIDER VALUES

I really want to be in the school play, but I also want to feel better as soon as possible.

5. MAKE A DECISION AND ACT

I'm going to stay home and try to arrange another time to try out for the play.

6. EVALUATE THE DECISION

I'm glad I stayed home. My decision improved my physical health (I got the rest my body needed) and my mental/emotional health (I felt good about my tryout.)



Practice

The types of decisions you make demonstrate your character. Read the situation below and make a decision for Sondra that shows that she has the qualities of good character. Explain how the decision improves her physical, mental/emotional, and/or social health.

Sondra and Natalie are best friends. Natalie has invited Sondra to go a party where there will be no adult supervision. Sondra knows that this is against her parents' rules, but she doesn't want to lose her friendship with Natalie.

Help Sondra decide what to do to demonstrate that she is a responsible, trustworthy person and that she also values her friendship with Natalie.

Decision Making

1. State the situation.
2. List the options.
3. Weigh the possible outcomes.
4. Consider values.
5. Make a decision and act.
6. Evaluate the decision.

Apply/Assess

Each time you use the decision-making process, you improve your ability to make good decisions. This ability enables you to become more responsible and independent.

Create a flyer that shows how you would use the six-step process to reach a decision. Use illustrations to make the flyer interesting to read and give your flyer a catchy title.

Share your flyer with other students in the class. Tell how your decision has a positive effect on your health.

Self-Check

- Does my flyer show the six steps of decision making?
- Can I explain how my decision has a positive effect on my health?

