

CHOOSING**HEALTHY
BEHAVIORS****Model**

Hannah has an important decision to make. Her family is moving to another state this spring. Hannah is upset because she has a big part in a dance recital this June. Hannah's parents have offered to let her stay with her aunt until the end of the school year. Let's see how Hannah uses the six steps of decision making to make a choice.

STEP 1: STATE THE SITUATION.

"I don't want to miss my recital, but I've never been away from my family before."

STEP 2: LIST THE OPTIONS.

"I could move with my family or stay with Aunt Susan."

STEP 3: WEIGH THE POSSIBLE OUTCOMES.

"If I move in the spring, I will be with my family. I will get to choose my bedroom, and I will get a chance to make friends at my new school. If I stay with Aunt Susan, I will get to dance in the recital, and I will have more time with my old friends."

STEP 4: CONSIDER YOUR VALUES.

"Dancing is very important to me, and this recital will give me valuable experience. I also value my relationship with my family."

STEP 5: MAKE A DECISION AND ACT.

"I will stay with Aunt Susan so I can dance in the recital. The time away from my family should go quickly because I will be busy and because I enjoy being with Aunt Susan."

STEP 6: EVALUATE THE DECISION.

"I feel good about this decision. The rewards were worth the drawbacks."



Practice

Read the following scenario. Then apply the six-step decision-making process to Anthony's situation. Outline the steps of the decision-making process on your own paper.

Anthony and Matthew have been best friends since they were very young. A month ago, Anthony became friends with William, a new student. Matthew does not get along with William. He never wants to spend time with Anthony when William is there. Now William has invited Anthony to go to a professional basketball game with him and his parents. However, the game is on the same day as Matthew's birthday party. What should Anthony do?

Apply/Assess

Describe a situation in which a person must make a decision about his or her health. Write your situation on a sheet of paper and put your name at the top. After your teacher reviews your situation, apply the first five decision-making steps to the scenario. Consider your two best options. Explain how this decision would improve the person's health.



Decision Making

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

Self-Check

- Did I use the first five steps of the decision-making process?
- Did I consider two options?

