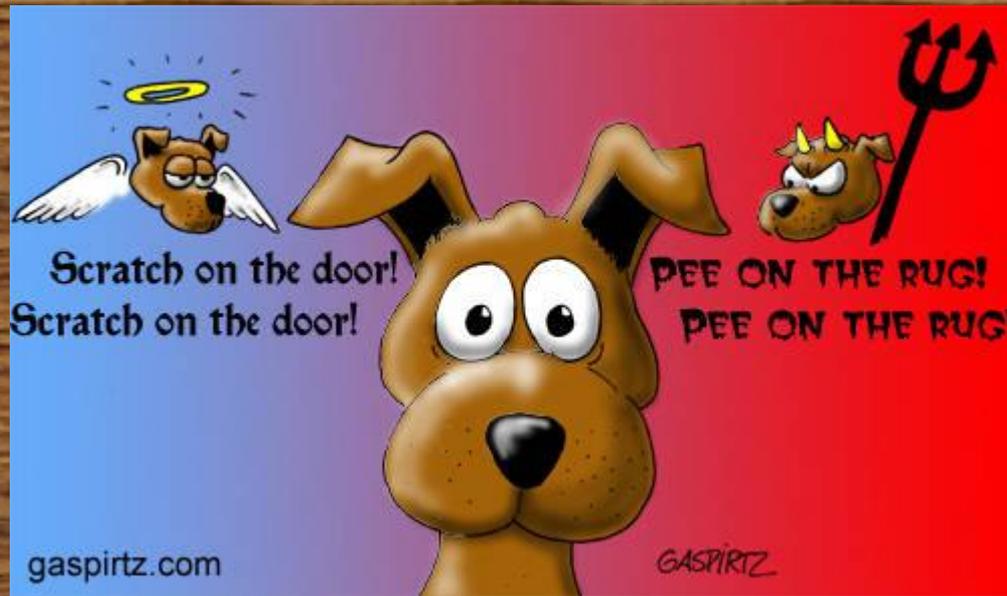


Essential Standard

- 6.MEH.1 – Apply structured thinking (decision making and goal setting) to benefit emotional well-being

Clarifying Objectives

- 6.MEH.1.1 – Implement a structured decision making model to enhance health behaviors



Video (Discovery Education)

MAKING DECISIONS AND BEING
ASSERTIVE

Decision-Making Model



Step 1: State the problem: be clear about the problem or decision.





Step 2: Gather accurate information from reliable sources.

Step 3: List the choices
or options that are possible.



Step 4: Determine the positive and negative outcomes of each.



Step 5: Decide who is influencing and who is affected by the choice.



Step 6: Make the decision.



Step 7: Evaluate the decision.



- *Sometimes you will go against your peers and sometimes you will go along with your peers.*
- *It will be important to think through each choice before deciding which path to take.*
- *Making quick decisions in some situations can lead to decisions that you may regret.*

Review:

- Write about the hardest decision they have made
 - Explain the situation and answer these questions:
 - *How did they make this decision?*
 - *How did they know it was the right decision?*
- *Were there other choices you could have made?*
 - *How did you arrive at your choice and/or how did you know it was the right decision?*

- *Each of us makes decisions every day.*
- *The word decision can be defined as choices you make.*
- *Each choice we make has consequences.*
- *Sometimes our decisions have a positive outcome and other times they have negative consequences.*
- *Making a good decision is something that we have to learn how to do.*
- *We are not born with that ability.*

- *That is why we should rely on practice, experience and caring adults to help us make wise choices.*
- *It is important that we think about the outcomes of our decisions before we act on them.*
- *There is a decision making process that you can go through to make sure that you are making the best choice for yourself.*

Statement of Objectives:

- *Today we will be talking about ways we can use a step-by-step process to make decisions and solve our problems. By the end of the class, each of you should be able to use the six-step decision-making model to carefully think through your decisions and make the best choice.*

Guided Practice:

- In groups of four or five brainstorm problems that teenagers might face and write them down.
- Share your answers and write them on the board.
- Choose one of the situations.
 - Using the Decision–Making Model transparency (Appendix 1), go through the six–step decision making model with the class.

Decision-Making Scenarios

1. You are at the mall with your best friend. You go into your favorite store. Your best friend picks up a really cool shirt and quickly stuffs it in her book bag. She tells you that she does it all the time and has never gotten caught. You had been looking at the shirt for a couple of weeks.

What do you do?

2. You are at a friend's house. His parents have gone out for the evening. Your buddy heads straight for the liquor cabinet. You never have drunk alcohol before and you know your parents disapprove of underage drinking. But your friend promises, "you can't smell liquor on your breath."

What do you do?

3. You finally have a date with that hot guy/girl that you have been checking out. However, your best friend calls you and tells you that he has an extra ticket to your favorite band's concert. You have been waiting and hoping for this date for a long time.

What do you do?

4. Someone in your class cheated on a test. You know for a fact that they did. This person messed up the curve for the test. You received a D on the test.

Do you tell the teacher? Why or why not?

5. After school some of your friends hang out at a nearby gas station. You decide to go with them one afternoon because your mom was going to be late picking you up. Once you get there, a couple of your friends pull out a cigarette and start smoking. They offer you a puff.

What do you do?

6. Your friend does not have enough money to go to the football game. He/she wants you to sneak into the ballgame without paying.

What would you do?

Making Decisions!

1. State the problem. _____

2. List your options.
Option A) _____
Option B) _____
Option C) _____
Option D) _____



3. List the outcomes of each option. List the positive and negative outcomes of each option.

	Positive	Negative
A)	_____	_____
	_____	_____
B)	_____	_____
	_____	_____
C)	_____	_____
	_____	_____
D)	_____	_____
	_____	_____

4. State any human factors or values that might influence your decision. For each of the choices listed above, ask yourself the following questions:

- Would this decision adversely affect my health or the health of others?
- Is this decision against the law, my religion, or my values?
- Is this decision safe for others and me?
- Would my parents be disappointed?
- Will this decision get me in trouble?

5. Choose the best option. _____

6. Evaluate your decision. Are you happy with the outcome of your decision? If you were in a similar situation in the future, would you make the same choice?

Closure:

- *Today we discussed the decision-making process. Each of you should now be able to identify a problem and evaluate possible solutions and consequences to decide on the most positive choice.*