

Clarifying Objective

8.MEH.2.2 – Critique personal use of structured thinking to enhance emotional well-being (based on appropriateness, effectiveness, and consistency).

Think about consequences to decisions about health behaviors

con·se·quence

noun \ˈkän(t)-sə-,kwən(t)s, -kwən(t)s\:

something produced by a cause or necessarily following from a set of conditions.

List possible short- and long-term consequences of the listed behaviors.

Smoking cigarettes	
Short-Term	Long-Term
1.	1.
2.	2.
3.	3.

Eating 5-7 servings of fruits and veggies per day	
Short-Term	Long-Term
1.	1.
2.	2.
3.	3.

Spending many hours per day in front of computer/television	
Short-Term	Long-Term
1.	1.
2.	2.
3.	3.

Practicing good stress management	
Short-Term	Long-Term
1.	1.
2.	2.
3.	3.

Riding your bike/skateboard without protective gear	
Short-Term	Long-Term
1.	1.
2.	2.
3.	3.

Statement of Objectives:

Today we continue to discuss good mental health and how a decision-making model can be a useful tool for maintaining or developing positive emotional well-being. As many of you mentioned, you use decision-making throughout your daily activities, even when playing games. By the end of the class, you will apply a decision-making model to a common mental health dilemma.

Background Information

- *When it comes to our health, including our mental and emotional health, we make choices, or decisions, that lead to consequences.*
- *Consequences are the outcomes that we face based on our decisions.*
- *In order to make healthy choices, I want to teach you a simple decision-making model that you can use in many aspects of your lives.*
- Provide handout “**8 Steps to Healthy Decisions**”

The steps of the decision-making process are:

- *1. Identify the problem.*
- *2. Gather relevant information.*
- *3. Consider the alternatives.*
- *4. Assess positive and negative consequences.*
- *5. Determine who is affected by the decision.*
- *6. Determine who is influencing the decision.*
- *7. Make an informed decision.*
- *8. Evaluate the decision.*

- *Evaluating a decision before making a choice can help ensure that one is making a healthy decision.*
- *Following this structured thinking process can help to eliminate doubt in the decision-making process.*
- *This is especially important when dealing with*
- *emotional health issues.*
- *It is just as important to apply structured thinking to decisions about emotions as decisions about physical health.*
- *Some of those decisions might be:*
 - *how to handle a disrespectful relationship, what to do if feeling depressed, and how to enhance one's self-esteem.*

Video Clip NBCLearn

- ["Girls on the Run" Program Gives Pre-Teens Confidence, Direction](#)

Guided Practice

- Apply the decision-making model to the scenario.
- Share their answers and then ask the following:
 - • *What was simple about this assignment?*
 - • *What was difficult about this assignment?*
 - • *What influenced your choices as you applied the model?*
 - • *Are you happy with the decision reached?*
 - • *What is another example of when and where this model might be applied?*

SCENARIOS ON MENTAL HEALTH DECISIONS

Scenario 1

Jamie's friends are bullying someone at school. He used to be friends with the person that is being bullied. He wants to stand up to his friends because he feels bad, but he realizes that they will probably not take that very well.

Scenario 2

Perry has a very important English paper due tomorrow and she hasn't even started it yet. She plans on spending several hours doing it tonight when she gets home after practice when her friends suddenly ask her to go to a movie tonight. They already have a ticket for Perry. She needs to get the project done because she has a D average in English right now but she really wants to go to the movies with her friends.

Scenario 3

Alan's best friend asks him to help him cheat on a test. He's never done it before and he promises he'll never do it again. What does Alan do?

Scenario 4

Kristin's friends are going to a party in which there will be drinking. Kristin was going to spend the night at her friend's house anyway, so her parents would never know if she attended the party. Kristin decides to go. She probably won't have anything to drink anyway.

Scenario 5

Avery is at the mall with a group of her friends when she sees one of them put a pair of earrings in her purse. She knows her friend has money to pay for the jewelry.

Closure:

- *The purpose of today's lesson was to provide you with a decision making model that you could apply to potentially stressful situations. As you maintain your log over the next two weeks, be mindful of the steps in the model and practice the eight steps in your daily life.*