



LESSON 9.1 The Decision Making Model

Module #9: Safe & Healthy Decisions

High school is a time for many, many decisions – many having nothing to do with academics! And the decisions freshmen make can have an impact on them for the rest of their lives. It is crucial that honest conversations take place with ninth graders about stress management, peer pressure, sexual decision making, drug, alcohol, and tobacco use, and on-line behavior.

Enduring Understandings

- I. **Decisions freshmen make today will influence the rest of their high school years and possibly even life after high school.**
- II. **It is important to be a self advocate and take care of oneself both emotionally and physically to be successful in high school.**

Essential Questions

- I. **How can students use a responsible decision making model to influence the choices they make in high school? (I)**
- II. **What are refusal skills and how can students implement them to make better decisions? (I)**
- III. **How can I be a self advocate and take care of myself emotionally and physically? (I, II)**

Lesson Objective(s)

Students will gain knowledge of and practice in using a Responsible Decision Making Model.

Challenge 3.6

Lesson 8.12

Lesson 9.1

Lesson 9.2

Challenge 4.1

Directions:

1. Prior to class, the faculty advisor and/or student leaders should review the Responsible Decision Making Model and make copies of the Responsible Decision Making Model handout and Decision Scenario sheet for each group.
2. Put students into small groups of 4-5 to start and then ask the groups to brainstorm steps they think a person should take when trying to make an important or difficult decision. Record student responses on the board.
3. Distribute the Responsible Decision Making Model handout and explain the steps to students. Have the students jot down questions to consider or other notes on their handout for reference during the activity.
4. Give each group a copy of the Decision Scenario sheet and ask them to work through the steps in the Responsible Decision Making Model to come to the most responsible decision.
5. Discuss the decisions each group reached and why they think that is the best decision.

The ABCDE Responsible Decision Making Model was taken from a lesson by Jay Vilas <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=1271#.UvbK1v3onwI>

Materials & Supplies

- Responsible Decision Making Model handout (student version)
- Responsible Decision Making Model (Faculty Advisor version)
- Decision Scenario sheet

**FOCUS
POINT**

Freshman Focus isn't meant to replace health class. But, for many schools, health class does not come until the 10th grade, and this can be too late. Ninth grade students need basic facts and, most importantly, need strategies for making responsible decisions.

- Connect with Kids, Inc. is an excellent resource to supplement lessons about teenage safe and healthy decisions. To learn more information about its many resources, visit: www.connectwithkids.com
- WILL Interactive also offers resources and interactive games dealing with many of the topics covered in Module #9. For more information, visit www.willinteractive.com

**resources
&
extension**

Making Decisions – It's as simple as ... ABCDE

Assess the situation – What is the problem? What decision needs to be made?

Brainstorm possible solutions – Don't eliminate ideas at this point.

Consider the consequences – List pros & cons for each possible solution. Consider whether each decision is safe, legal and follows your personal values. What decision would you make if you make if you thought your parents would find out?

Decide on the best option – Make a decision and act on it.

Evaluate the results – Reflect. How did your decision work out? What would you change?

Decision Scenario

Abby goes to her best friend's house on Friday to spend the night. When Abby gets there, her friend tells her there is a big party later and says they should go. Abby knows there will be alcohol at the party and her parents would not approve, but since she is staying with her best friend, her parents will not know if she goes to the party. Use the ABCDE Responsible Decision Making Model to help Abby decide what to do.

Assess the situation –

Brainstorm possible decisions –

Consider the consequences –

Decide on the best option –

Evaluate the results –

