



## LESSON 9.3 What Influences My Decisions?

### 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 understand that their decisions affect other people and other people affect their decisions.

Challenge 4.3

Challenge 4.3

**Lesson 9.3**

Lesson 9.4

Challenge 4.4

### Directions:

1. Prior to class, the faculty advisor and/or student leaders should look over the activity for the lesson and make copies of the “Influences on Decisions” worksheet for each student.  
as you were trying to get untangled? Conclude the activity with a statement like, “When we make decisions, we have to consider the effect on other people and not just ourselves because many of our decisions will affect other people.”
2. Activity – Human Knot – Split the students up into groups of 6-8 with a student leader for each group. Have students form a circle and then reach across and take the hand of two different students across the circle. They cannot hold the hand of the people on either side of them. The students have to untangle themselves without letting go of the other students’ hands. Remind them to be careful and go slowly so nobody’s arm gets twisted in a way that could hurt. Allow the activity to continue until the students get untangled or for 10 minutes, whichever comes first.
3. Distribute the “Influences on Decisions” sheet to each student. Explain to the students that every person has to make decisions every day, and that other people often influence these decisions. The amount of influence depends on the decision and the person. Have the students complete the “Influences on Decisions” worksheet.
4. After the students have completed the activity sheet, discuss which people have the most influence on their decisions now and if they think it will be the same in 5-10 years.

### Materials & Supplies

- “Influences on Decisions” worksheet

FOCUS  
POINT

It’s important for freshmen to understand that nearly every decision we make in life in some way impacts people around us. It’s also important to remember that, for better or worse, the people we surround ourselves with can have tremendous influence on our 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](http://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](http://www.willinteractive.com)

resources  
&  
extension

# Influences on Decisions

**Place a check mark in the box for each person that would likely influence each decision. You can check more than one box for each decision.**

| Decision on:                                      | Nobody | Boy/Girl Friend | Friends | Sibling(s) | Parent(s) | Grandparents | Non-Family Adult |
|---|--------|-----------------|---------|------------|-----------|--------------|------------------|
| 1. how you spend your free time?                  |        |                 |         |            |           |              |                  |
| 2. going to school or not?                        |        |                 |         |            |           |              |                  |
| 3. how to spend \$50?                             |        |                 |         |            |           |              |                  |
| 4. buying some new clothes?                       |        |                 |         |            |           |              |                  |
| 5. where you go for the holidays?                 |        |                 |         |            |           |              |                  |
| 6. re-tweeting a mean comment?                    |        |                 |         |            |           |              |                  |
| 7. drinking underage?                             |        |                 |         |            |           |              |                  |
| 8. experimenting with drugs?                      |        |                 |         |            |           |              |                  |
| 9. being sexually abstinent?                      |        |                 |         |            |           |              |                  |
| <b>Total number of check marks in each column</b> |        |                 |         |            |           |              |                  |