Decision-Making
Grades 6-8

Language of Health Literacy:

I need to be thoughtful when deciding ____ because ___. ____ requires a thoughtful decision because ___. Before ___, I need to take time to think about ____ because ___. When deciding ___, I need to check in with ____ because ___. I can decide ____ on my own because ____.

What should I do about ____? I have several options for this decision, including ___, ___, ___, or ___. When deciding ___, I should seek out help from ____ because ___. ____ is a decision that makes me feel ____, and I need help. If I ___, there will be more healthy outcomes than unhealthy outcomes. Therefore, this is a good option for me.

I have decided to ____ because ____.

After weighing my options, I decided to ____ because ___. I would really like your support in this decision. It is going to be hard to ___, so I am going to ____.

Step 1: Determine Importance of a Decision
Sub Skills:
• Define different types of decisions (Everyday, Impulsive, Thoughtful, etc.)
• Determine if a situation requires a thoughtful decision
• Determine if a situation requires an individual or collaborative decision

Step 2: Use a Prioritization Strategy
Sub Skills:
• List options for thoughtful decisions
• Determine if help is needed when making a decision
• Predict the outcomes of different options

Step 3: Make a Decision

Step 4: Follow Through
Sub Skills:
• Communicate decisions
• Identify when it is easy or hard to follow through on healthy decisions
• Make a plan for when a healthy decision is difficult

Step 5: Reflect
Reflection Questions
• How did the decision make me feel?
• What options did I think about at first?
• Why did you choose the option I did?
• What might happen next after this decision?
• How did asking for help make my decision healthier?
• How does this decision affect others?
• How does this decision align with my values?
• How does this decision affect my goals?
• Would I make that decision again? Why or why not?
• What do I want to remember next time I have to make the same decision?