



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 ____.

Step 1

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.

Step 2

I have decided to ____ because ____.

Step 3

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 4



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?