Decision-Making
Grades 9-12

Language of Health Literacy:

The decision being made is an example of a _____ decision because ___.
In this situation, some decisions I need to make are ___.
This decision can/cannot have a meaningful impact because ___.

My decision is to ___. The positives could be ___.
The negatives could be ___.
If I decide to ___, then ___ could happen.
The most important thing to me is ___. ___ can’t do that, so I can eliminate them.

I have decided to ____.

After weighing my options, I decided to ____ because ___.
I would really like your support in this decision.
A barrier I could face following through on this decision is ___.
To ensure I can follow through with my decision, I need to ____.
I need to make this decision by ____ (time).
To complete my decision, I need the support of ____.
I feel ____ about my decision. This could impact my follow through by ___. I will ___ to cope with this feeling and follow through with my decision.

Step 1: Determine Importance of Decision
Sub Skills:
- Define different types of decisions (Everyday, Impulsive, Responsible)
- Identify the decision
- Determine if a situation requires slowing down decision-making
- Determine if a situation requires an individual or collaborative decision

Step 2: Use a Prioritization Strategy
Sub Skills:
- Pro/Con list
- If this... then this...
-Consequence list
-Weighted options

Step 3: Make a Decision

Step 4: Follow Through
Sub Skills:
- Communicate decisions
- Identify barriers to following through with my decision
- 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 I choose the option I did?
- What might happen next after this decision?
- How does this decision affect others?
- How does this decision affect my relationships?
- 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?