



# 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 \_\_\_\_.

### Step 1

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.

### Step 2

I have decided to \_\_\_\_\_.

### Step 3

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 \_\_\_\_\_.

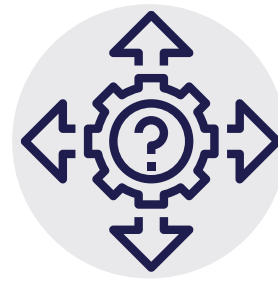
To ensure I can follow through with my decision, I need to \_\_\_\_\_.

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 4



## 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
- Give advice to a friend
- Eliminate some options
- Seek out support



## 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?