

DECISION-MAKING STYLES

Read about the following three decision-making styles and decide which style will bring the results that will be beneficial to you.

INACTIVE: You fail to make choices. You don't know what to do and you put off making difficult decisions.

1. Do you think you will be empowered (in control)?
2. Do you think using this decision-making style will build your self-confidence?

REACTIVE: Other people influence you and make your decisions. You want people to like you, so you let them make your decisions.

1. Do you think you will be empowered (in control)?
2. Do you think using this decision-making style will build your self-confidence?

PROACTIVE: You look at the decision to be made and think about the different ways you can react. You weigh the possible consequences of different responses and take responsibility for the end result.

1. Do you think you will be empowered (in control)?
2. Do you think using this decision-making style will build your self-confidence?

STEPS TO USE WHEN MAKING A DECISION

Identify the decision you have to make, then:

1. List the choices you have.
2. Identify the consequences of each choice.
3. Determine the importance of each of the consequences.
4. Combine all this information to decide which choice is the best for you.

Let's Practice:

The decision you need to make is: You are hungry and you only have five dollars. There is a vending machine filled with candy in the hallway. There is a sandwich shop four blocks away. Your house is two miles away. Your stomach is growling. What do you do?

1. List the choices you have.
2. Identify the consequences of each choice.
3. Determine the importance of each consequence.
4. Which choice is best for you?

THE DECISION-MAKING PROCESS

Think about a decision you have to make. It could be buying a large item, choosing a job, choosing whether or not to smoke, joining a gang or not, which program you should watch on TV or any decision you need to make in the coming weeks.

Write down the decision you need to make:

Follow the decision-making process by completing all the steps:

1. List the choices you have:
2. Identify the consequences of each choice:
3. Determine the importance of each consequence:
4. Which choice is best for you?

PRACTICING DECISION-MAKING

Read the story: Sabrina is not doing well in her social studies class. Her grade depends on her final written project. She has been working hard, yet her grades are not good. She has a friend who had the class two years ago. He offers to give her his final project, which he got an “A” on.

1. Identify the problem.
2. What are some solutions to the problem?
3. What are the consequences of each of the solutions?
4. What solution did your group choose?

Read the story: Juan brought his new iPod to the basketball game. All of his friends wanted to listen to it. When Juan wasn't looking, his friend James took the iPod. He accidentally dropped it and the screen shattered. Juan got very angry.

1. Identify the problem.
2. What are some solutions to the problem?
3. What are the consequences of each of the solutions?
4. What solution did your group choose?

HOW TO SAY NO — RESISTANCE SKILLS

1. Say no and mean it.
 - a. Be self-confident.
 - b. Be firm.
 - c. Be forceful.
2. Tell them why you are saying no.
 - a. “I don’t want to smoke because it’s unhealthy. My uncle died of lung cancer directly related to smoking.”
 - b. “I don’t want to cut class and go to the beach. I want to keep my grades up so I can get into college and get a good job.”
 - c. “I can’t go to the movies at 10 p.m. because I need to be up at 6 a.m. tomorrow to go to work and I don’t want to be tired. Let’s go to an earlier movie.”
3. Avoid situations where there will be pressure to make unsafe decisions.
 - a. If your friends are drinking, make sure you do not get into a car with them.
 - b. If there are drugs around, stay away.
 - c. If your friends are not making safe decisions, choose other friends.
4. Stay away from (resist) people doing illegal things.



PEER PRESSURE SCENARIOS

Read the following scenarios and write down what you would say in order to resist peer pressure.

1. You forgot your lunch money. Your friend says that he steals money for lunch all the time. He tells you to come with him so he can show you what to do.

2. You are standing in line at the movies. A \$50 dollar bill falls out of the pocket of the person in front of you. Your friend puts it into his pocket and doesn't say anything.

3. You have an after-school job. Your friends are going to the beach and they insist that you come with them.
