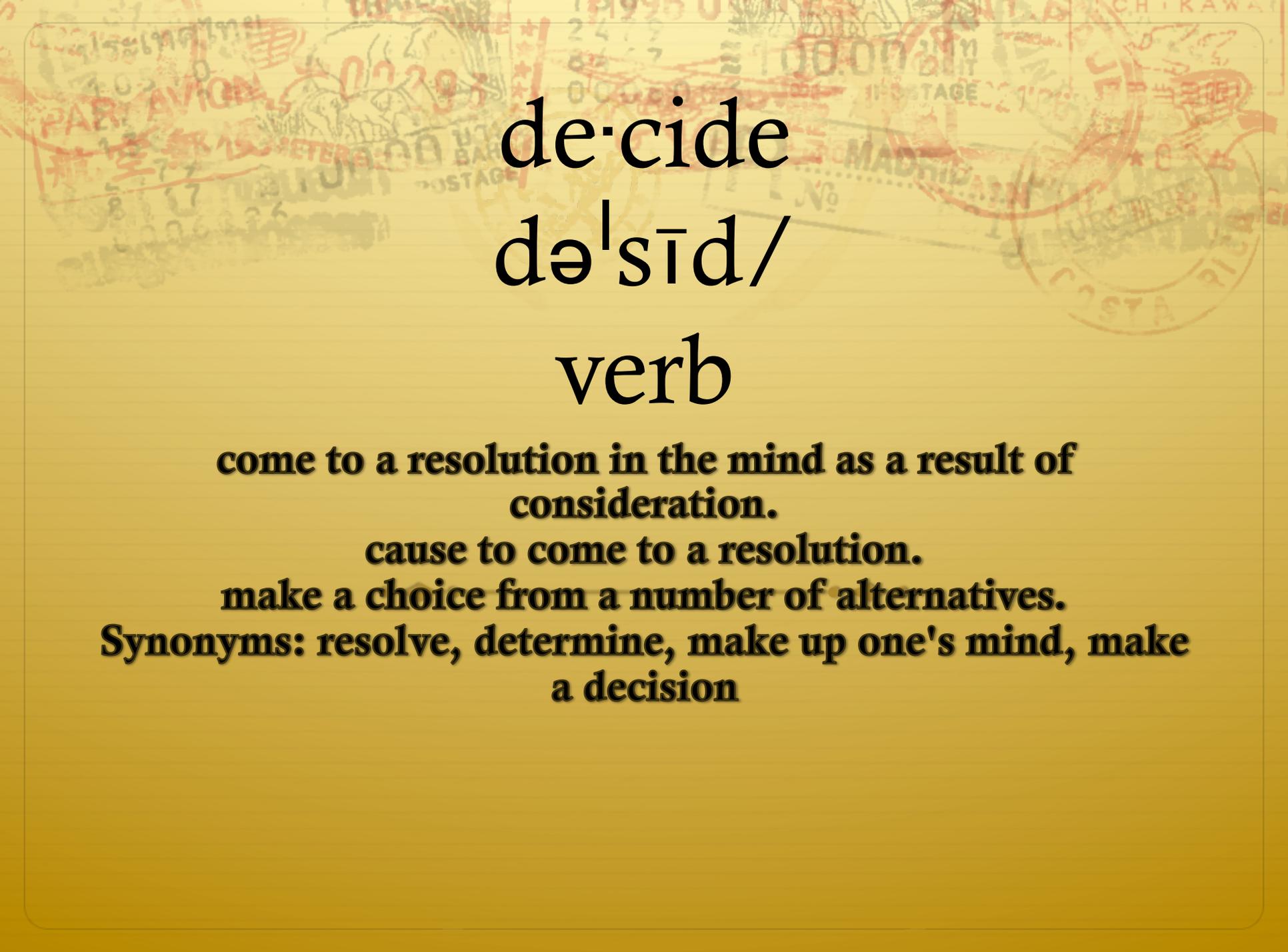




D.E.C.I.D.E.



the decision making process



de·cide
də'sīd/
verb

come to a resolution in the mind as a result of consideration.

cause to come to a resolution.

make a choice from a number of alternatives.

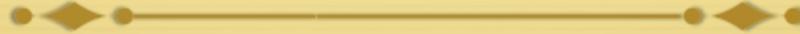
Synonyms: resolve, determine, make up one's mind, make a decision

decisions, decisions...

- ✦ Every day you make thousands of them...
- ✦ Sometimes they are minor:
 - ✦ What should I eat for breakfast?
 - ✦ What should I wear to school today?
- ✦ Sometimes they are major:
 - ✦ Should I get involved in a romantic relationship?
 - ✦ Where should I go to college?



DECIDE



- ✦ There is a process called DECIDE that can help you think through decisions.
- ✦ Each letter of the word DECIDE stands for a step to help you make choices in your life.

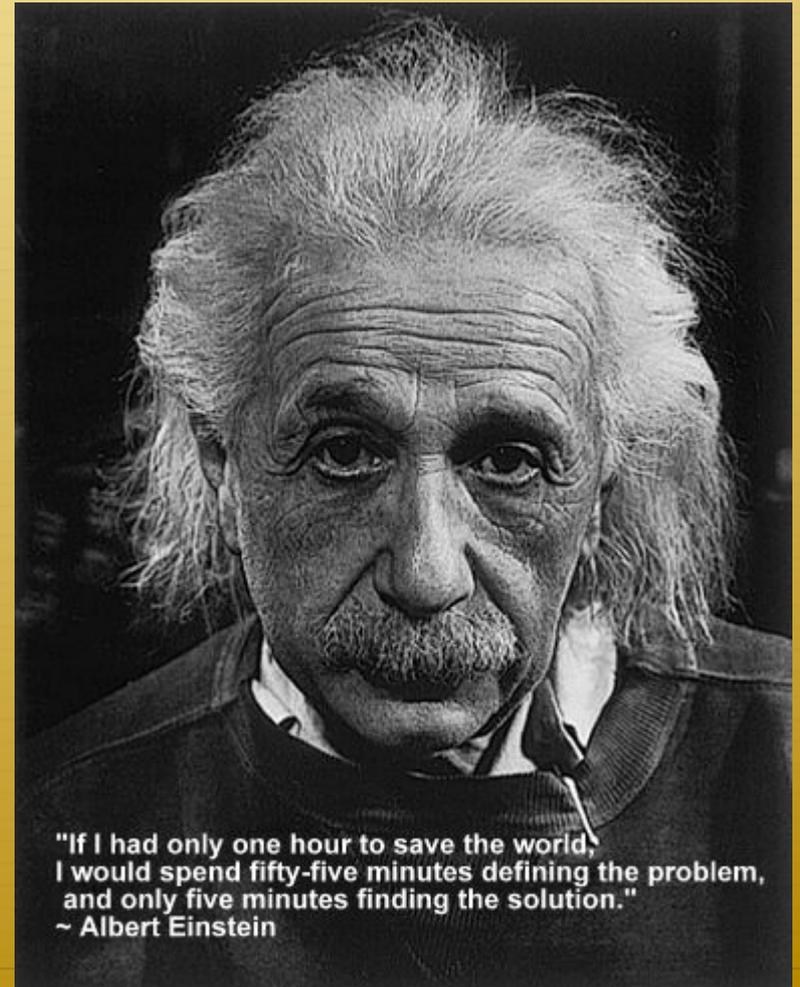
YOU DECIDE!



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- ✦ Consider the issue you are facing and state the issue clearly.

Define the Problem



1. Define the problem.

✦ Sam wants more friends.



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- ✦ Make a list of all of the possible alternatives for solving your problem.

Explore the alternatives



In the first column of your table, list at least four possible options for solving your problem. Include “do nothing” ONLY if it is an appropriate option.

2. Explore potential solutions



Solutions

Crash a party

Go online (social media)

Say "Hi!" to new people at school

Join a sport or club

Go to a school event (like a football game)

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Consider the Consequences



YOU LIVE
ONCE
SO THINK
TWICE.

- ✦ One by one, think through what might happen if you were to choose an alternative on your list.
- ✦ Include both positive and negative consequences
- ✦ Consider what would probably happen, not what you hope would happen

LETS PRACTICE...

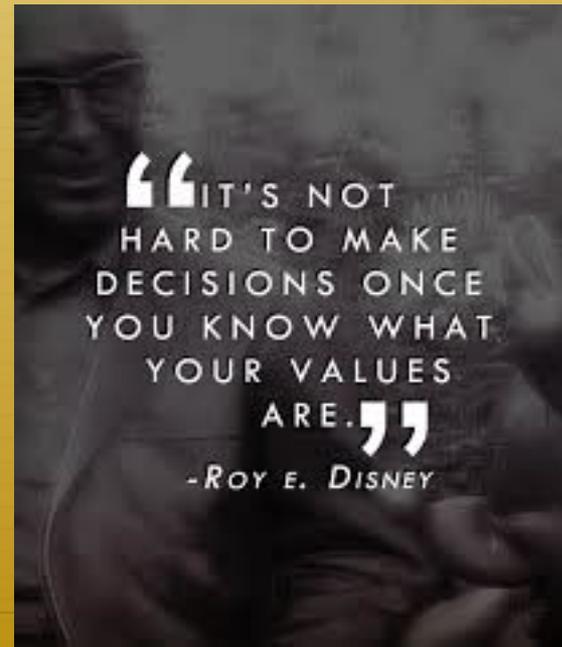
Solutions	Positive Consequences (Benefits)	Negative Consequences (Risks)
Crash a party	<ul style="list-style-type: none"> • Could make new friends 	<ul style="list-style-type: none"> • Maybe unsafe • May have drugs/alcohol
Go online (social media)	<ul style="list-style-type: none"> • Could make new friends • Could find a new interest/hobby 	<ul style="list-style-type: none"> • Online predators • Cyber bullying • Identity theft
Say “Hi!” to new people at school	<ul style="list-style-type: none"> • Could make new friends • People may start talking to you 	<ul style="list-style-type: none"> • Could be rejected • People might make fun of you
Join a sport or club	<ul style="list-style-type: none"> • Could make new friends • Improve health • Learn a new skill 	<ul style="list-style-type: none"> • Might get injured • Might not be good at it
Go to a school event (like a football game)	<ul style="list-style-type: none"> • Could make new friends • Have fun • Free stuff (food/spirit gear) 	<ul style="list-style-type: none"> • Could be rejected • Might not have any fun • Don't get free stuff

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Identify your values

- ✦ Consider your long term goals as well as the beliefs in your family and culture.
- ✦ Consider your own and others' health and safety, and your self-respect.
- ✦ Identify choices that match your values.



Values

✦ Your values are the things that you believe are important in the way you live and work.

✦ They (should) determine your priorities, and, deep down, they're probably the measures you use to tell if your life is turning out the way you want it to.

✦ Dependable

✦ Reliable

✦ Loyal

✦ Committed

✦ Open-minded

✦ Consistent

✦ Honest

✦ Efficient

✦ Innovative

✦ Creative

✦ Humorous

✦ Fun-loving

✦ Adventurous

✦ Motivated

✦ Positive

✦ Optimistic

✦ Inspiring

✦ Passionate

✦ Respectful

✦ Athletic

✦ Educated

4. Identify your values

“Value Machine”

- ✦ Friendship
- ✦ Trust
- ✦ Reputation
- ✦ Health/Safety
- ✦ Money
- ✦ Family

So what fits these values?

- ✦ “Say Hi!”
- ✦ Join a club/sport
- ✦ Go to school event
- ✦ Maybe going online???



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Decide and act

- ✦ Use the information you have collected to compare alternatives. Decide which is the best for you.
- ✦ Make a plan to act on you decision.
- ✦ What are the steps you need to take?

The idea is to make decisions and act on them - to decide what is important to accomplish, to decide how something can best be accomplished, to find time to work at it and to get it done.

(Karen Kakascik)

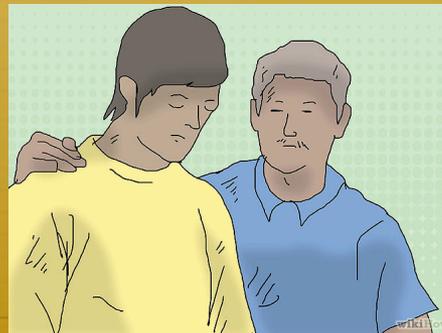
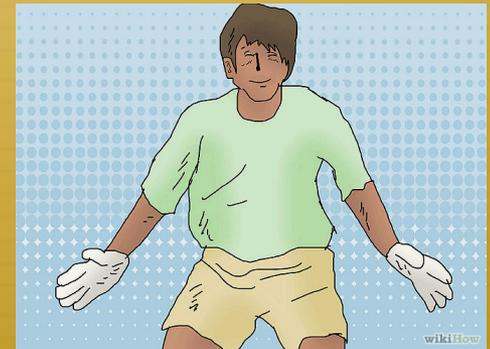
5. Decide and act

✦ My decision is to:

Join a club/sport

✦ The steps I need to take to act on the decision are...

- ✦ Research options
- ✦ Go to club rush
- ✦ Practice
- ✦ Try out for the team

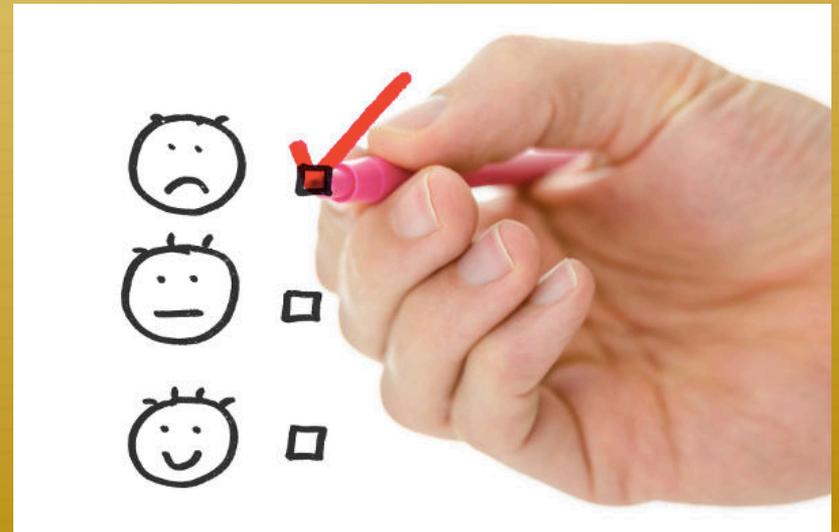


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Evaluate your results

- ✦ Sometime after you have put your decision into act, take sometime to review it.
- ✦ If you could do it over again, what would you do differently?
- ✦ How has it affected your life? Others?
- ✦ What did you learn?
- ✦ If you can still change some things for the better.. Do it now.





Time to Practice



Scenario

A new student who is a Muslim has begun to attend your school. Almost immediately, she starts to receive anonymous, threatening letters and text messages. Other students routinely make insulting remarks about her religion, clothing and ethnicity. During passing time you witness someone make a racial remark to her. What would you do in this situation? How would you respond.

Use the DECIDE outline to work through a solution.