



Decision-Making Grades 9-12

Language of Health Literacy:

The decision being made is an example of a ____ decision because ____.

Step 1

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 ____.

Step 2

After weighing my options, I decided to ____ because ____.

Step 3

I would really like your support in this decision.

Step 4

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?