

### Resource 3 (Activity 2)

## Making an Informed Decision

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- Look at the decision you have to make.
- Decide the outcome you'd like to happen.
- Gather as much relevant and accurate information as possible.
- Define the different choices and options that are available to you.
- Assess all the consequences of each choice, (the ones you want and don't want).
- Choose the option that best suits you (make the decision).
- Weigh up the decision afterwards.

## Resource 4 (Activity 2)

# How Do I Make Decisions?

We all make so many decisions everyday. Some are simple decisions that have no long term consequences for us. Some decisions do.

Let's consider how we make decisions and decide if the way we make decisions works for us.

Think of a decision you made this week that was somewhat important. Write it down.

### The decision I made was ...

.....

.....

.....

How did you make it? (Please tick if they apply)

- I just felt like it (impulse).
- I thought about all the possibilities and decided what I thought would be best.
- Everyone else was doing it, so I did too.
- I did not want to make a decision so I let whatever was going to happen, happen.
- It felt like the right thing to do.
- I talked to someone I trusted about it to help me make my decision.

## Resource 5 (Activity 2)

### Situations You Find Yourself in

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You are on the way to the shop. Some older pupils you know are sitting on a bench smoking. You stop to talk to them and they offer you a cigarette.

You are staying at a friend's house. Your friend wants to sneak out of the house when they think their parents are asleep.

Your brother has some friends with him in the house. You see them take some beer from the fridge and come into the room where you are. They ask you if you want one.

Your friend wants to leave school at lunch time and go into town.

You are over at a friend's house and they want to watch a film on TV. The film is starting soon and you have to be back home in about an hour.

You are in a friend's house and you have a pain in your stomach. There is no one else at home and your friend offers you some medicine that they were given for a sick stomach.

**Resource 6 (Activity 2)**

**A Decision Making Worksheet**

The decision I have to make is .....

.....

The outcome I would like is .....

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The information I need to make the decision includes .....

.....

.....

The options I have are, (write in column on left-hand side).

The consequences of each option would be, (write in column on right-hand side).

	<b>Option</b>	<b>Consequence</b>
<b>1</b>		
<b>2</b>		
<b>3</b>		
<b>4</b>		
<b>5</b>		

The best action to take would be (my decision) .....

.....

Evaluating the effects of this decision show that .....

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