Title: Decision Making Skills

Audience: 6-8 grade girls

Time Duration: 45 minutes

Big Idea/Essential Question: The teen brain struggles to organize information when making an important decision. They often rely on peers or the emotion of the moment to make the call. It is difficult for them to see possible scenarios that will go wrong. They need adults to give them structure and guidelines that will help them in making life-impacting decisions.

Objectives:

* Students will be able to go through a step-by-step process to make a decision.
* Students will be able to transfer the step-by-step process to another area of their life.
* Student will be able to write a decision-making plan.

Materials:

* Poster with decision-making process printed on it
* Paper and pens

Activities:

1. Have students think of a time when it was difficult for them to make a decision. Turn and share with each other.

2. Whole group - make a list of strategies or influences students have used in the past. Discuss and rank which strategies are the most important. Examples: peers, parents, emotions, weighing out options

3. Show and explain poster of Decision-Making Skills

1. Make a goal.
2. Identify obstacles to realizing the goal.
3. Find alternatives for overcoming each obstacle.
4. Rank the alternatives.
5. Choose the best alternative.

4. Give a hypothetical scenario: How should I raise money to go to summer camp?

Go through step-by-step, discussing and writing out each part of the decision-making process. Allow each student to have a voice and give input.

5. Give another hypothetical scenario for girls to work on individually: A new girl at school is getting bullied by another student. Decide what to do about it.

Closing: Share work out loud with each other, giving feedback.