



Taking Responsibility for YOUR Health: CHAPTER 2, LESSON 2
MAKING RESPONSIBLE DECISIONS?

Learn about . . .

- The types of decisions that affect your health and the health of others
- How values play a role in the decisions that you make
- The 6 steps of the decision-making process

TAKING RESPONSIBILITY FOR YOUR HEALTH!

- I. Give at least 3 examples of simple decisions you make everyday that influence your health.
 1. ____BRUSH YOUR TEETH
 2. ____WASH YOUR HANDS
 3. ____CHOOSE HEALTHY FOODS
 4. Other . . . What to do after school today

- II. Give at least 3 examples of significant or difficult decisions you begin to face as you get older.
 1. ____PEER PRESSURE TO TAKE RISKS
 2. ____WHAT TO DO AFTER HIGH SCHOOL (CAREER
 - 3.
 - Your actions when you make decisions show others what you think is ____IMPORTANT____.
 - Learning how to make _POSITIVE_ decisions that show respect for ____YOUR_health and the health of ____OTHERS____ is part of becoming a responsible person.

VALUES and the DECISIONS YOU MAKE

What are VALUES? __BELIEFS THAT GUIDE THE WAY A PERSON LIVES__(SUCH AS WHAT IS RIGHT/WRONG, and WHAT IS IMPORTANT_

WHERE do VALUES come from?

1. __FAMILY
2. __PERSONAL EXPERIENCES
3. __RELIGIOUS BELIEFS
4. __SOCIETY AND CULTURAL HERITAGE

LIST at least three examples of values you believe in

1. __BEING HONEST
2. __SHOWING RESPECT TO EVERYONE
3. __SHARING
4. OTHERS . . . CONSERVING NATURAL RESOURCES, HEALTH AND SAFETY

VALUES provide you with __CRITERIA__, or standards on which to base your decisions.

APPLYING THE H.E.L.P. criteria using your values

H - __HEALTHFUL - Is it safe for you and others?

E - __ETHICAL - Is it right according to values?

L - __LEGAL - Is it lawful to use/do the activity

P - __PARENT APPROVAL - Would your parents approve?

THE DECISION MAKING PROCESS

1. State the _____ **SITUATION** _____.
 - a. What is the decision I have to make?
 - b. How much time do I have to make it?
2. List the _____ **OPTIONS** _____.
 - a. What are my choices?
 - b. Can a reliable source, like my parent(s) help me think of choices?
3. Weight the possible _____ **OUTCOMES** _____.
 - a. What are the consequences of each choice?
 - b. How will the choice effect my health now AND in the FUTURE?
 - c. Will my choice affect anyone else? HOW?
4. Consider _____ **YOUR VALUES** _____.
 - a. How does the decision fit within my values?
5. Make a _____ **DECISION** _____ and _____ **ACT** _____.
 - a. What choice should I choose and what do I need to do to follow through?
6. _____ **EVALUATE** _____ the decision.
 - a. What were the consequences?
 - b. Did the result turn out like I thought?
 - c. Would I make the same decision again? If not, what would I do differently – what did I learn?