



Peaceful Schools®

Think Forward

Look Back

Making Responsible Decisions

What does it mean?

Responsible decision making is defined as the ability to make **constructive** choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms.

Put simply, it means being able to **stop and think** about the **long-term** effects of your decisions, instead of only the **immediate** results.

Taking the time to examine all your possible choices helps you make a responsible decision by weighing the costs and benefits of each one.



Why does it matter?

- Everyone has made irresponsible decisions at one point or another in their lives.
 - While we can learn a lot from these decisions and their **consequences***, it is important to be able to think about our choices **before** we make them.
 - This is especially important when there is a lot at stake.
- * remember, consequences are just the outcomes of our choices. they can be **positive, negative, or neutral**



How do I make responsible decisions?

Step 1 - Identify the decision that you need to make

Step 2 - Think about all the **possible choices** you have

Step 3 - Identify the **consequences** that those choices would create

Step 4 - Based on these outcomes, make your decision

Step 5 - Afterward, look back and **reflect**. Did it work out how you imagined?

Check out https://www.youtube.com/watch?v=pPIhAm_WGbQ for a video perspective



Let's try it out

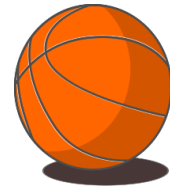
Imagine....

There's a big game this weekend against your school's local rival. Everyone will be there, including your crush who has asked if you're going.

Your Dad has told you that you cannot go unless you pass your math test.

You end up failing the test, but your Dad isn't home when it's time to go. Your Mom asks what time your best friend is picking you up for the game.

What should you do?



Map it out



Step 1 - Identify the Decision

- What should you tell your Mom?

Step 2 - Think About the Choices

- Go to the game with your friend
- Tell Mom about Dad's rule

Step 3 - Think About the Consequences

- You get to go the game, but your Dad grounds you for a month when he finds out
- You miss the game but your parents are proud of you for being honest

Step 4 - Make the Decision

- You decide to be truthful with your Mom. You stay home and watch a movie instead

Step 5 - Reflect on Your Choice

- You feel good about your choice. You're disappointed about missing the game, but relieved that you avoided additional negative consequences (being grounded).

Think about it



Think about a decision you've made that didn't turn out so well.

- What do you think contributed to the negative outcome? Write it down.

Now think about a decision you've made that had good results.

- What do you think contributed to the positive consequences? Write it down.

Look at your first response. What are some different choices you could have made?
How do you think this would change the consequences of that decision.

Look at your second response. What skills did you use in this situation?
How can you use those skills in the future to help make responsible decisions?



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Thank You!