

# Decision Making

Health Class

# Steps to Decision Making

## 1. Define the Problem

# Step 2

- Explore the Alternatives
- Possible Action
  - Positive Consequences
  - Negative Consequences

# Step 3

- Consider the Consequences

# Step 4

- Identify Your Values...

What is important to you?

# Step 5

- Decide and Act

# Step 6

- Evaluate the Results

What went well?

What didn't go well?

What would you change?

# Group Scenarios Work

- Apply the DECIDE Model to the Scenario
- Write it out on your 1/2 sheet of paper
- D-
- E-
- C-
- I-
- D-
- E-