

Decision Making Model

Although many models exist to help us make healthy decisions, the DECIDE model is seen by many as a helpful acronym to help make difficult choices.

Define the problem
Explore the alternatives
Consider the consequences
Identify your values
Decide and take action
Evaluate the decision

Scenario 1

You are a second semester senior at high school. It's Thursday night and you are at a party at a friend's house with no adults present. You have a test tomorrow afternoon in a class in which you've been having some problems but you feel prepared for the test. You're standing around talking with people when someone else comes up and hands you a beer. What do you do?

"Just saying no" is, of course, one choice. However, if you want to fit in and the people with whom you identify are all drinking, or if you like the taste of beer and are thirsty, the decision becomes harder.

Let's apply the DECIDE model together to make a healthy decision.

Define the problem – what is the problem here?

Explore the alternatives – are any of the alternatives unacceptable?

Consequence – what will probably happen if you chose any of the alternatives listed above?

Identify your values – that should help you narrow the choices down.

Decide and take action – you should now be left with a well thought out and reasonable choice.

Evaluate – would you make the same choice again in the future?

Scenario 2

A sophomore friend of yours, on the track and field team, tells you that they have an e-cigarette in their back pack and invites you to join them during lunch period to check out the latest flavored nicotine pod.

You have not used an e-cigarette before but you've heard that 'everyone else is doing it' and that they are a healthier alternative to 'regular' smoking.

This isn't something that you would normally do, but out of curiosity you agree, convincing yourself that just one or two puffs of an e-cigarette can't do any harm.

Let's apply the DECIDE model together to make a healthy alternative decision.

My healthy alternative would be:

Rebuttal from an unhealthy friend:

Your response to justify your healthy decision:

Scenario 3

Scenario 3 is all about you. Describe an important decision that you are facing/have faced and apply the DECIDE model to it.

Decide if this is a decision that you can make on your own or would you benefit from the help of others. Defend your decision.

Bonus Scenario #1

You are the Athletic Director at Brigham Young University, a faith based college that has a code of honor requiring students to abstain from alcohol, tobacco, coffee, premarital sex and substance abuse.

Your basketball team is having an unusually successful season and you look likely to make the big NCAA Tournament for the first time in a long time.

A starting player who leads the team in rebounds and is a good scorer self-reports that he has had 'sexual relations in violation of the school honor code'.

What decision do you make regarding this situation?

[Use this space to make notes]