



Grade 9 Sample Lesson Plan: Decision Making 101

SOLs

- Identify health-related decisions that contribute to heart disease, stroke, diabetes, and other chronic diseases and conditions.

Objectives/Goals

- The student will be able to differentiate between different types of decisions (no decision, snap decision, responsible decision)
- The student will contemplate and make different decisions based on their values during the “Personal Health Sale” and decision making profile activities.
- The student will apply the DECIDE model when making decisions.

Materials

- [Decision Making Packet](#)
- [Decision Making Presentation](#)

Procedure

Step 1	<ul style="list-style-type: none"> Show the “teen brain” youtube video in the powerpoint <ul style="list-style-type: none"> Discuss the video as a class, did they know that teenagers brains work differently than adults? 	<p>Video Link: https://www.youtube.com/watch?v=-KQb3Mx2WMw</p> <p>This video discuss how and why the teen brain is different from an adult brain and how that affects teens’ decision making abilities.</p> <p>Essential Question: How does the teenage brain differ from an adult brain?</p>
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Step 2	<ul style="list-style-type: none"> ● Go over the 3 types of decisions in the powerpoint <ul style="list-style-type: none"> ○ No decision ○ Snap decision ○ Responsible decision ● Have the students complete the types of decisions worksheet <ul style="list-style-type: none"> ○ Briefly discuss answers as a class 	
Step 3	<ul style="list-style-type: none"> ● Have the students complete the personal health sale worksheet <ul style="list-style-type: none"> ○ As a class, discuss what the students bought, what answers surprised them. 	<p>Essential Question: What factors influence our decisions?</p>
Step 4	<ul style="list-style-type: none"> ● Have the students complete the “million dollar decision making” activity before you show them the extended profiles of the people ● Show the students the extended profiles of the different people <ul style="list-style-type: none"> ○ Now, have them redo the million dollar decision making activity after hearing more about each person ○ Discuss as a class what changes that they made, who they assigned money to, who they didn’t, and why they chose who they did 	<p>Essential Questions:</p> <p>How did the subject’s age influence their decision?</p> <p>How did the person’s gender influence their decision?</p>
Step 5	<ul style="list-style-type: none"> ● Explain and go over the DECIDE decision making model in the google slides with the students <ul style="list-style-type: none"> ○ Slide 8 in presentation 	

	<ul style="list-style-type: none">● Cover the 4 steps to take when you have made a wrong decision	
Step 6	<ul style="list-style-type: none">● Using the google slides, explain what core values are and how they impact our decision making<ul style="list-style-type: none">○ Go over the core value examples in the presentation○ Equality○ Social Justice○ Responsibility○ Honesty○ Self Control○ Promise Keeping○ Respect	
Step 7	<ul style="list-style-type: none">● Using your DECIDE decision making model, illustrate an important decision that you are going to have to make in the next 12-18 months that will impact your future greatly. Don't forget to consider all of the options and all of the potential consequences.	

References

- Melanie Lynch, M.Ed. North Allegheny School District.

Handout

The next page includes a handout for the lesson. The handout is designed for print use only.



YOU DECIDE!





Decisions, Decisions, Decisions

Label each decision with an **N for No Decision**, an **S for a Snap Decision** and an **R for Responsible Decision**.

_____ Who will you marry	_____ What to do on the weekend	_____ What shoes to wear
_____ What time to wake up	_____ Whether to get a dog or a cat or not have pet	_____ What city to live in
_____ Buy a house or rent	_____ What bank to keep your \$\$\$ in	_____ How to cut your hair
_____ Oranges or apples	_____ How many TVs in the house	_____ Start smoking with friends
_____ Go on a blind date	_____ What kind of car to buy or use alternative transportation	_____ Get a tattoo
_____ Quit school or stay in school	_____ What type of work to do	_____ When to do laundry
_____ Which movie to see	_____ When/where to do homework	_____ Which shampoo to use
_____ What courses you take	_____ What time to get home at night	_____ Learn a foreign language
_____ Who you will vote for	_____ How many children to have or not have children at all	_____ Go on a diet
_____ Which cereal to eat for breakfast	_____ Where and when to travel	_____ Route you take to school



No Decision- Letting others decide what you will do.

Snap Decision- A quick choice you make with no consideration of the result.

Responsible Decision- Considering others (not only me) and your future (Not only now) when you make a decision

How many decisions do you make everyday?

Each item on the list costs \$10. You have \$100 to spend as you wish on things that you value in all areas of health. Place a check next to the items you would choose to buy.

- Several hours of time outdoors everyday to do what you wish
- Better looks: being more handsome or more beautiful
- A lifetime guarantee of never being dependent on drugs or alcohol
- Enjoying the responsibility of making your own choices
- The chance to become any other person in the world
- Talent to play any musical instrument you want
- Perfect health for the rest of your life
- Being considered a sensational boyfriend/girlfriend
- Ability to eat as much as you want and never gain weight
- Fame and popularity as an entertainer or politician
- Skill to be the top athlete in any sport you choose
- Recognition as a successful financial wizard
- The chance for adventures, such as mountain climbing or flying
- Some close friends you can count on and trust
- The cure for two presently incurable diseases
- The family you have always dreamed of
- An invention that would guarantee clean air and water forever
- A peaceful, painless death at a ripe old age
- Friendships with famous, influential people
- A clear conscience at the end o your life
- As much time alone as you want
- Ability to end hunger and find homes or the homeless
- A wealthy partner or spouse

What did you buy that surprised you?

Where there things you wanted to buy but did not? What were they and why didn't you buy them?

What else would you like to see on this list? _____





Using your DECIDE Decision Making Model, illustrate an important decision that you are going to have to make in the next 12-18 months that will impact your future greatly. Don't forget to consider all of the options and all of the potential consequences.