



## SAMPLE LESSON PLANS

### Health Smart Virginia - Sample Lesson Plan

#### Grade 9 – Health Promotion

#### Unit 17

**SOLs:****9.2.d**

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

**Title: Decision Making 101****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:**

<p>Step 1</p>	<ul style="list-style-type: none"> <li>● Show the “teen brain” youtube <a href="#">video</a> in the powerpoint             <ul style="list-style-type: none"> <li>○ Discuss the video as a class, did they know that teenagers brains work differently than adults?</li> </ul> </li> </ul>	<p>Video Link:  <a href="https://www.youtube.com/watch?v=-KQb3Mx2WMw">https://www.youtube.com/watch?v=-KQb3Mx2WMw</a></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><b>Essential Question:</b>            How does the teenage brain differ from an adult brain?</p>
<p>Step 2</p>	<ul style="list-style-type: none"> <li>● Go over the 3 types of decisions in the powerpoint             <ul style="list-style-type: none"> <li>○ No decision</li> <li>○ Snap decision</li> <li>○ Responsible decision</li> </ul> </li> <li>● Have the students complete the types of decisions worksheet             <ul style="list-style-type: none"> <li>○ Briefly discuss answers as a class</li> </ul> </li> </ul>	
<p>Step 3</p>	<ul style="list-style-type: none"> <li>● Have the students complete the personal health sale worksheet             <ul style="list-style-type: none"> <li>○ As a class, discuss what the students bought, what answers surprised them.</li> </ul> </li> </ul>	<p><b>Essential Question:</b>            What factors influence our decisions?</p>
<p>Step 4</p>	<ul style="list-style-type: none"> <li>● Have the students complete the “million dollar decision making” activity before you show them the extended profiles of the people</li> <li>● Show the students the extended profiles of the different people             <ul style="list-style-type: none"> <li>○ Now, have them redo the million dollar decision making activity after hearing more about each person</li> <li>○ 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</li> </ul> </li> </ul>	<p><b>Essential Questions:</b></p> <p>How did the subject’s age influence their decision?</p> <p>How did the person’s gender influence their decision?</p>
<p>Step 5</p>	<ul style="list-style-type: none"> <li>● Explain and go over the DECIDE decision making model in the google slides with the students             <ul style="list-style-type: none"> <li>○ Slide 8 in presentation</li> </ul> </li> </ul>	

	<ul style="list-style-type: none"> <li>● Cover the 4 steps to take when you have made a wrong decision</li> </ul>	
Step 6	<ul style="list-style-type: none"> <li>● Using the google slides, explain what core values are and how they impact our decision making <ul style="list-style-type: none"> <li>○ Go over the core value examples in the presentation</li> <li>○ Equality</li> <li>○ Social Justice</li> <li>○ Responsibility</li> <li>○ Honesty</li> <li>○ Self Control</li> <li>○ Promise Keeping</li> <li>○ Respect</li> </ul> </li> </ul>	
Step 7	<ul style="list-style-type: none"> <li>● 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.</li> </ul>	

**References:**

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



**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?

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

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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.