

Health

The Decision-making process (DECIDE)

Use the Decision-making process **DECIDE** when making important decisions and when facing peer pressure situations to make an appropriate health choice.

Directions: Choose one scenario from below and use the DECIDE process to make a healthy choice. Be sure to thoroughly apply each step and explain your responses.

1. Susie (age 14) and her family just moved to a new town. Susie is lonely and doesn't seem to be making any new friends. She finally met a group of girls at lunch and they asked her to go to a party with them on Friday night. Susie was having a great time at the party until her friends started to drink and smoke pot. They asked her to join them and she doesn't know what to do because these are the only friends she has made.
2. Matt is at the mall with his two best friends. As they are leaving, he puts his hand in his pocket and finds an expensive wristwatch. His friends start laughing because they shoplifted the watch and put it in Matt's pocket without him knowing. Matt believes shoplifting is wrong but doesn't know what to do.
3. One of Ben's coaches tells him that he really needs to start working harder in the weight room to gain strength if he plans on making the varsity squad next year. A friend tells Ben he has been taking steroids and it is a fast and easy way to get stronger faster. His friend made the varsity squad this year.

Using the Decision-making process (DECIDE) - RUBRIC

Name _____ Date _____ Period _____

4	<ul style="list-style-type: none">● Can thoroughly apply each step of the DECIDE process to one situation of their choice● Information is detailed and contains no inaccuracies or contradictions● Show's total understanding of how to use the DECIDE process
3	<ul style="list-style-type: none">● Can adequately apply 5 steps of the DECIDE process to one situation of their choice● Information is detailed but contains a few inaccuracies or contradictions● Shows understanding of how to use the DECIDE process
2	<ul style="list-style-type: none">● Can adequately apply only 3 or 4 steps of the DECIDE process to one situation of their choice● Information is not detailed and contains a few inaccuracies or contradictions● Shows limited understanding of how to use the DECIDE process
1	<ul style="list-style-type: none">● Attempted to apply the steps of the DECIDE process to one situation of their choice● Information provided was too general and contained inaccuracies and/or contradictions● Shows little understanding of how to use the DECIDE process
Score	