



MY Decision

LESSON

LEARNING & DEVELOPMENT OUTCOME

Participants will start to identify the factors that influence the decisions that they make.

MATERIALS

Worksheet, writing utensils

AGE ADJUSTMENTS

This lesson is suitable for all ages.

Lesson Plan

Introducing the Lesson

- Fun Fact: It is estimated that we make around 35,000 decisions every single day.
- So clearly, it is an important part in our lives. But what about the things that influence our decision making? If you haven't already, play an activity called "[This or That](#)" (see instructions Online)

Experiencing the Lesson

- Hand out a worksheet to each participant and have them write down as many factors that can influence or affect the decisions that they make every day.
- Once everyone has brainstormed their lists, pull the group back together and have each person share a few of the factors that they wrote down.
- Write these down on a white board or poster paper for everyone to see. Ask participants to share one word that describes how they are feeling when they see a big list of factors that influence personal decision making.
- Write the following quote on the board: "Personal power lies in the choices you make." Ask them "who is really responsible for the choices they make?"

Closing the Lesson

- Lead them to recognize that although it may seem like many factors influence decision making, it truly is YOU who is responsible for the choices you make.
- The most important thing to understand is why you make the decisions you make, so that you can be sure to make the ones you want to.
- When making decisions, always remember to think about your goals, values, strengths, skills, likes, and dislikes.



What are some examples of what may influence decisions?

- Parents
- Friends
- School
- Laws
- Television
- Social Media
- Siblings
- Extended family
- Morals/Ethics



Further Exploration



- Like everything in life, it isn't always as simple as it seems. Challenge participants to think about decisions they have had to make where they actually need to take other people into consideration.
- Share an example from your own life, or share this example:
 - I had the opportunity to go to my best friend's birthday party, but I recently moved in with my grandma. She is immunocompromised and I don't want to risk getting her sick, but I also want to be able to celebrate my best friend.
- This is a perfect example of having to make a tough decision that directly impacts other people. This is a common theme among decisions that need to be made.
- Ask participants to think about some ways of going about making this decision. One way would be to talk to each of them individual and get a finger on the pulse of how they both feel about the situation. This will most likely help the person make the decision.
- Once participants come up with their own example of a difficult decision they have had to made (one where it impacts other people too), have them partner up and share them with their partner. Perhaps the partner can offer another perspective.

Get Creative

- Hand out a blank piece of paper and drawing/coloring utensils to each participant.
- Have them create a drawing/creative expression of how it feels to not be authentic. To prime their brains have them think back to the activity they played called "This or That." Have them think about how it felt to choose a side they didn't really agree with, but they did it because they wanted to go with their friends or with the majority of the group.
- Give them 10-15 minutes to create these.
- Then have each participant talk about their drawing for 60 seconds, explaining the different pieces and what it means to them.

Online

- Provide participants with electronic versions of the worksheet
- Continue as directed



What Influences My Decisions?

Worksheet for: MY Decisions