



Life Skills – Decision Making

The Decision Making Steps



Objective:

To go through the decision-making steps

Structure:

Small group discussion

Time:

30-45 minutes

Materials:

Case stories of young people (note these are generic stories, you may be able to draw up your own case stories applicable to the young people you work with).

Visual aid "The decision making process"

Learning Objectives:

- To discuss the process of decision making
- To discuss case studies and arrive at decisions using the decision-making process

Methods:

- Show the decision-making process and discuss each item
- Explain and clarify that good decisions require a step-by-step process, thus:

- 1. Recognising** what it is you are deciding upon. This can be a problem, a situation or a challenge.
- 2. Aiming** and desiring positive results
- 3. Analysing** and weighing the consequences of an action
- 4. Setting alternatives** or options and considering the consequent results
- 5. Acting responsibly** or standing up for the decision made

- Allow time for clarifications and questions. Tell the Scouts that each patrol will get a short case story. They will discuss their assigned story and list as many answers using the table below:

RECOGNISE What is the situation?	AIM What can be the desired result?	ANALYSE What can happen if...?	SET ALTERNATIVES What are the options and their consequences?	ACTION What could be the most responsible course of action?

- Allow ample time for group discussion and presentation.

Process Questions:

- How was the experience reading through the case stories and going through the decision-making process?
- What factors did you consider when you were deciding on the case?
- Why did these factors influence you?

Tool: The Case Studies:

1. Dorji, 15 years old, male. He wanted to quit school because he thinks school is boring. Instead he wants to work as _____ (insert) and thinks that he would be better working there. He says that by working, he is able to contribute to the family income.
2. ____ (insert name) 16 years old, female. Her boyfriend asked her to have sex with him as proof of her loyalty and love for him.
3. ____ (insert name) 16 years old, male. He met up with some friends who have tried drugs and told him that he should try them too.
4. ____ (insert name) 14 years old, male. He wakes up one mornign and doesn't feel like going to school.
5. ____ (insert name) 17 years old, female. She found out that she was pregnant. She can't tell her parents
6. ____ (insert name) 19 years old, male. He suspects that he has contracted a sexually transmitted disease, but is too shy to consult a doctor.
7. ____ (insert name) 17 years old, female. She knows that her boyfriend has had multiple sexual partners. She'd like to ask him to go and see a doctor for an HIV-AIDS test before she marries him next year. What can she do?