

Dealing with Peer Pressure and Healthy Decision Making



Goals

Participants will be able to:

- State the differences between minor and major decisions
- Summarize the *Six Steps of Decision Making*

Pre-group Preparation

- Prepare a copy of each of the three “Scenarios” handout
- Copy for each participant
 - Activity 87 “Powers of Persuasion” (pg 86) in *The Best of Building Assets Together* book
 - Six Steps of Healthy Decision-Making Handout
 - Decision Making Worksheet

Materials

- Dry erase board and markers *or*
- Flip chart and markers
- Pens/Pencils
- Individual scenarios
- Post group agreements

Ice-Breaker

- Think, Pair, Share. What are three decisions you’ve made since you woke up this morning?
- Debrief: You make decisions from the moment you wake up in the morning to the time you head for bed. Many decisions are minor, such as what to have for breakfast, or what to wear today. Other decisions are important, for example, decisions about whether to stay in school, what kind of job you are interested in, and what kind of relationships you want to have. You are starting now to make many decisions that will

affect your health and wellness. It's important to learn techniques for making good decisions.

- Review Group Agreements

Discussion

Some of the areas in which you have choices are:

- What foods to eat, when to eat, how much to eat
- How to stay physically fit/ manage weight
- Whether to try alcohol, tobacco, or drugs
- How to stay safe
- How to handle relationships with family and friends
- How to organize your time to meet your obligations

How do you usually make the choices that you face each day? Do you:

- Just let things happen without thinking much about them?
- Do what you think will please others, for example, your friends?
- Act on impulse, or do what you feel like at that moment?
- Act out of habit – do what you always have done?

Not thinking about decisions can be harmless for making simple everyday decisions like what to wear and whether to take the bus or walk to school; important decisions require more thought and planning. Learning to use the steps for making healthy decisions gives each of us a sense of our own ability to take control of our choices and our lives.

Activity 1: Powers of Persuasion

- Review Activity 87 “Powers of Persuasion” (pg 86) in The Best of Building Assets Together book.
- Review discussion questions with group.

Activity 2: Healthy Decision-Making

- Read and discuss Six Steps for Healthy Decision Making Handout

- Read a sample scenario – brainstorm responses to the Six Steps, using Scenarios Handout
- Write on board/chart the pros and cons of each option discussed and label appropriately

Activity 3: Teamwork (Optional, if time)

- Divide students into pairs; give a copy of a second scenario (Scenarios can be chosen by topic or interest)
- Give students 5 minutes to write out group responses on Decision Making Worksheet
- After 5 minutes, share out responses

Discussion

Can you share one thing you have learned about the process of healthy decision-making?

What kinds of decisions do you think this method might work best with? Is it necessary for all kinds of decisions or choices?

Check Out

Share one thing you learned today about healthy decision-making.