



# Navigating the Land Mines of Our Teenage Years

Decision Making Steps	Example
<p><u>Step 1:</u> Describe the decision or problem.</p>	
<p><u>Step 2:</u> Identify what you want to happen.</p> <p>Check your thinking by asking questions about your ideas. If you answer “no,” to any of the questions for an idea, rethink what you want to happen (Step 2).</p> <p><b>Check Your Thinking</b> Do your ideas:</p> <ul style="list-style-type: none"> <li>– follow your personal and family <b>values</b>?</li> <li>– help you stay <b>safe and healthy</b>?</li> <li>– follow family, school, and community <b>rules</b>?</li> <li>– show <b>respect</b> for myself and others?</li> <li>– seem <b>realistic</b>? Could the idea work?</li> </ul>	
<p><u>Step 3:</u> Brainstorm optional ways to get what you want to happen.</p>	
<p><u>Step 4:</u> Omit ideas that don’t check out or ideas you don’t want to try.</p> <p>Check your thinking! (See Step 2)</p>	
<p><u>Step 5:</u> Select an idea to try.</p>	
<p><u>Step 6:</u> Act on the idea.</p> <ul style="list-style-type: none"> <li>• What steps do you need to take to make it happen?</li> </ul>	
<p><u>Step 7:</u> Evaluate how it turned out.</p> <ul style="list-style-type: none"> <li>• Did you achieve what you wanted to happen?</li> <li>• What changes would you make the next time?</li> </ul>	

