

DECISIONS, DECISIONS

Knowledge/Understanding; Thinking

Purpose

Students practice skills related to decision-making, choices and consequences.

Equipment Included in Kit -

DVD - *Decisions, Decisions* or available on-line (links on page 3)
10 Laminated cards with role playing scenarios (includes decision-making and assertion skills).

Teacher to Provide -

Computer and projector **OR**
DVD player and TV

Student Homework - included

Brief Description

Note: The facilitator should review the scenarios in videos prior to viewing with the students. These scenarios depict youth finding themselves in situations where they have to make decisions/choices about the use of alcohol and marijuana. Provides an opportunity for students to identify points in the scenario where the situation could be changed by making different choices, and the potential consequences of each.



Activity 1

Facilitator to review **WHOA-Decision-Making Model** with students as a process they can use when faced with a 'dilemma'.

Decision Making Model

WHOA!

www.albertahealthservices.ca/2697.asp

W ait

No matter how urgent it seems, put on the brakes! Stop and think about what is happening before you decide what to do...not after.

H ave a Brain

Identify the pressures and emotions at work when you're put on the spot to make a choice about using substances. Understanding those forces can help you see beyond the rush of the moment. So think about the conflict or problem, and define it in a sentence.

O ptions

Consider your options for solving the problem and think about what may happen in each case. Don't forget to think about how your decision might affect others as well.

A ction

Now pick the option that fits best with your own goals, and take the action that will get you there. Your answer will affect not only how you see yourself (e.g., as someone who can make up their own mind), but how others see you and respect you.

!

Look back at your decision and ask yourself three questions:

1. What happened?
2. Would you make the same decision again?
3. Why or why not?



DECISIONS, DECISIONS

Activity 2

Facilitator plays each of the scenarios on DVD, stopping after each to ask the students:

- Identify ways in which people felt pressure to make the choices they did?
- At what point(s) in this scenario could a different choice have been made?
- How might this have changed the outcome?
- What stops people from doing/saying something to intervene? (Barriers)
- Identify one safety strategy to reduce your risk ie. call a parent

Scenarios

1. “*Cindy: Choices Matter*” – The lead character struggles with the pressures of school and maintaining her relationships when she experiments with drugs and alcohol. (8:38 minutes)
<https://www.youtube.com/watch?v=Y9dxp82sQng>
2. Braking Point- “*No Way Home*” – Bush parties, drinking & driving (4:55 minutes)
www.youtube.com/watch?v=cIM7qYUjnZU
3. Braking Point- “*Over the Top*” – Dangers of drinking (4:17 minutes)
www.youtube.com/watch?v=9JmEJME0xw

Activity 3

Role Playing Scenarios (decision making and assertion skills)

- Divide students into groups of 3 or 4
- Give each group either a decision making scenario card or assertion skill scenario card and 5 - 10 minutes to plan their role play
- Each group presents to the larger group
- Ask the students “What will you do?” at the end of each of the decision making skits
- Ask the students to identify which assertion skill is being depicted

Role Playing Scenarios

Decision Making Skills

1 Party

You are invited to a party at a friend's house. A close friend offers to give you a ride. When you get there, it turns out that it's a keg party. The close friend who gave you a ride drinks but also eats throughout the evening. About five hours later, when it's time to go home, your ride seems sober even though he had several beer earlier on. You know that there's a risk to being a passenger with a driver who's had even just one drink, so you don't want to ride home with your friend. **What will you do?**

2 Water-skiing at the Lake

You and some friends go camping to a lake where you plan to tent and water ski. You're riding in the boat and you notice that the driver is smoking a joint. **What will you do?**

3 Home Alone

Your parents are away so you decide to have a small party in the back yard. Someone posts the party on-line, kids you don't know have shown up and people are drinking. Your friend is punched in the face and the house is being destroyed. **What will you do?**

4 Friend's House

You are at a friend's house playing video games and his dad offers both of you a beer. You know your parents would not be happy about this situation. **What will you do?**

5 Pain Meds

You have a headache and you want a plain Tylenol. The person with the locker beside you offers you a prescription pain pill from his parent's medicine cabinet. **What will you do?**

Assertion Skills

1 Make an Excuse

Your older brother's friend is pressuring you to smoke a joint with him. Use role play to demonstrate 'Make an Excuse' on how you are going to get out of this situation.

2 Strength in Numbers

You have been invited to a party and you know that there will be alcohol. You really want to go but you don't want to be the only one not drinking. Use role play to demonstrate 'Strength in Numbers' ie going with friends that also do not drink.

3 Use Humour

Your friends are playing beer pong and want you to join them. You are not interested in drinking beer but you want to hang out with them. Use role play to demonstrate 'Humour' to deal with this situation.

4 Say No and Mean It

You play hockey for your school team and a few of the other players are chewing tobacco on a bus trip. You are offered some chew and you say "no" but they continue to push you to try it. Use role play to demonstrate 'Say No and Mean It' to deal with this situation.

5 Provide Another Option

You are hanging out with friends but nothing much is happening and everyone is bored. Someone suggests that drinking may make the night more fun. Use role play to 'Provide Another Option' that is a better choice.

DECISIONMAKING MODEL

WHOA!

Wait

No matter how urgent it seems, put on the brakes! Stop and think about what is happening before you decide what to do...not after.

Have a Brain

Identify the pressures and emotions at work when you're put on the spot to make a choice. Understanding those forces can help you see beyond the rush of the moment. So think about the conflict or problem, and define it in a sentence.

Options

Consider your options for solving the problem and think about what may happen in each case. Don't forget to think about how your decision might affect others as well.

Action

Now pick the option that fits best with your own goals, and take the action that will get you there. Your answer will affect not only how you see yourself (e.g., as someone who can make up their own mind), but how others see you and respect you.

! Look back at your decision and ask yourself three questions:

1. What happened?
2. Would you make the same decision again?
3. Why or why not?

Assertion Skills

Developing and practicing ways of saying "no" is the first step in learning to deal with pressure. Acting and speaking in a way that expresses clearly and firmly what your decision is will not hurt anyone. Think about 'WHOA' and take the time to make a decision that's right for you.

- Say no! and mean it – even if you have to repeat it!
- Use humour
- Change the subject
- Avoid the situation - stay away from trouble
- Strength in numbers- hang around with kids who don't use drugs/alcohol
- Reverse the pressure (call them out for trying to pressure you)



Decision Making Skills #1

PARTY

You are invited to a party at a friend's house. A close friend offers to give you a ride. When you get there, it turns out that it's a keg party. The close friend who gave you a ride drinks but also eats throughout the evening. About five hours later, when it's time to go home, your ride seems sober even though he had several beer earlier on. You know that there's a risk to being a passenger with a driver who's had even just one drink, so you don't want to ride home with your friend.

What will you do?

Decision Making Skills #2

WATER-SKIING AT THE LAKE

You and some friends go camping to a lake where you plan to tent and water ski. You're riding in the boat and you notice that the driver is smoking a joint.

What will you do?

Decision Making Skills #3

HOME ALONE

Your parents are away so you decide to have a small party in the back yard. Someone posts the party on-line, kids you don't know have shown up and people are drinking. Your friend is punched in the face and the house is being destroyed.

What will you do?

Decision Making Skills #4

FRIEND'S HOUSE

You are at a friend's house playing video games and his dad offers both of you a beer. You know your parents would not be happy about this situation.

What will you do?

Decision Making Skills #5

PAIN MEDS

You have a headache and you want a plain Tylenol. The person with the locker beside you offers you a prescription pain pill from his parent's medicine cabinet.

What will you do?

Assertion Skills #1

MAKE AN EXCUSE

Your older brother's friend is pressuring you to smoke a joint with him. Use role play to demonstrate 'Make an Excuse' on how you are going to get out of this situation.

Assertion Skills #2

STRENGTH IN NUMBERS

You have been invited to a party and you know that there will be alcohol. You really want to go but you don't want to be the only one not drinking. Use role play to demonstrate 'Strength in Numbers' ie going with friends that also do not drink.

Assertion Skills #3

USE HUMOUR

Your friends are playing beer pong and want you to join them. You are not interested in drinking beer but you want to hang out with them. Use role play to demonstrate 'Humour' to deal with this situation.

Assertion Skills #4

SAY NO AND MEAN IT

You play hockey for your school team and a few of the other players are chewing tobacco on a bus trip. You are offered some chew and you say “no” but they continue to push you to try it. Use role play to demonstrate ‘Say No and Mean It’ to deal with this situation.

Assertion Skills #5

PROVIDE ANOTHER OPTION

You are hanging out with friends but nothing much is happening and everyone is bored. Someone suggests that drinking may make the night more fun. Use role play to ‘Provide Another Option’ that is a better choice.