

# Choice Development



## What is Responsible Decision-Making?

It's making smart, safe, and respectful choices by thinking about the consequences for yourself and others.

Responsible Decision-Making  
Middle School



People have different approaches to making decisions.  
Rate how often you use each style:

1 = Rarely

5 = Very Often

Area	Rating
<b>Rational:</b> Logical analysis of options and consequences	
<b>Intuitive:</b> Relying on gut feelings and instincts	
<b>Dependent:</b> Seeking advice and direction from others	
<b>Avoidant:</b> Postponing decisions or letting circumstances decide	
<b>Spontaneous:</b> Making quick decisions based on immediate feelings	
<b>Reflective:</b> Taking time to carefully consider options	

Based on your ratings, describe your typical decision-making style:

What are the strengths and limitations of your primary style?



# Understanding Your Brain & Decisions



Our emotions significantly influence our choices. For each emotion, describe how it might affect decision-making:

Emotion	Potential Impact on Decisions	Example Situation
Anger		
Fear/Anxiety		
Excitement		
Sadness		
Pressure/Stress		

# Decision Analysis Tools



Our decisions have both short-term and long-term effects. Map the potential consequences of this decision:

**Decision scenario:** Deciding whether to study for an upcoming test or hang out with friends

Immediate consequences (next 24 hours):

Short-term consequences (next week):

Medium-term consequences (next few months):

Long-term consequences (years):


How does considering different time horizons change your perspective on this decision?



# Social & Ethical Dimensions

**1**  
**23** Our core values should guide important decisions. Rank these values in order of importance to you (1=most important):

Steps	Order
Honesty and integrity	
Loyalty to friends and family	
Independence and freedom	
Security and safety	
Care for others' wellbeing	
Justice and fairness	
Respect for authority and rules	
Creativity and originality	
Personal growth and learning	

 Our emotions significantly influence our choices. For each emotion, describe how it might affect decision-making:

**Decision scenario:** You discover that your friend has been sharing answers on tests with several classmates.

*Rights:* Whose rights might be affected by this scenario?

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*Fairness:* What would be fair to everyone involved?

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*Consequences:* Who might be helped or harmed by this scenario?

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*Character:* What decision would reflect the kind of person you want to be?

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What would you decide to do in this situation?

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# Social Influences and Decision Making



Social influence can significantly impact our choices.  
Rate how strongly these factors influence your decisions:

1 = Minimal Influence

5= Strong Influence

Area	Rating
Desire to fit in with peers	
Concern about what others will think	
Fear of being excluded	
Wanting to be liked	
Pressure to conform to group norms	
Influence of social media	
Creativity (original thinking)	



Online environments present unique decision challenges. For each scenario, describe your decision process:

Whether to post something personal on social media:


How to respond to an inappropriate message or content:

Deciding how much time to spend on games or social media:

What makes digital decisions different from face-to-face decisions?



# Developing Decision-Making Wisdom

 Our past decisions can teach us valuable lessons. Reflect on a significant decision you made:

The decision:

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What went well:

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What didn't go as expected:

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What I learned:


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How this will affect future decisions:

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 Based on this assessment, create a plan to strengthen your decision-making:

One decision-making strength I have is:

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One area I want to improve is:

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Specific strategies I'll use to make better decisions:

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