

Reteaching Activity 2-1

Making Responsible Decisions

The editor of your school newspaper has asked you to write an article about helping teens make responsible health decisions. You started to write a draft, but then your dog ran away with your notes! You rescued the draft, but some of your notes were too badly chewed to read.

Directions: Fill in the missing words. Review pages 36–41 of your textbook for ideas.

With every decision you make, you become a more (36) _____ person. One of the keys to being responsible is good _____ (36) Your decisions show what is (37) _____ to you. It is important that your (37) _____ guide your decisions. Core (37) _____ values are shared by a group of people. Being (37) _____ and showing (37) _____ for others are examples. You also have (37) _____ values, which help you make decisions according to what is important to you. Values provide standards on which to base decisions, called (38) _____. The H.E.L.P. criteria can help you make good decisions. H stands for (38) _____, E stands for _____, L stands for _____, and P stands for _____. There are six steps to follow when making a decision: (39)

1. State the _____.
2. List the _____.
3. Weigh the _____.
4. Consider _____.
5. Make a _____ and _____ on it.
6. _____ the decision.



Decision-Making Activity 2-1

Making Good Decisions

Directions: Work in groups of four to six students. Have each group member read one or more passages aloud and answer the question. Work together to come to a decision on which you all agree. Discuss options, weigh their outcomes, consider your values, choose a course of action, and evaluate the group's final decision.

Lesson 1

1. Lanni was watching television one day and saw an infomercial about a new piece of exercise equipment. Lanni had been thinking she'd like to get into shape for the summer. The announcer then said that the special price at the bottom of the screen was good for only the next hour. Lanni's parents were not at home, but she knew where they kept their credit card. It would be something the whole family could use, she thought. What advice would you give Lanni?
2. Jared sometimes helps his math teacher after school. One day his teacher, Mrs. Hanes, said she had to go down the hall to speak to another teacher. As Jared walked past her desk, he saw the test Mrs. Hanes would be giving her classes the next day. The answers were there, too. A perfect score sure could do wonders for his math grade. What advice would you give Jared?
3. Morgan's parents do not allow her to swim in Long Lake. They feel that the water is too deep and the rocks surrounding the lake pose a danger. Morgan and her friend Yolanda have gone there anyway. As Morgan was climbing the rocks on her way out of the water, she slipped and cut her foot badly. "What can I tell my parents?" Morgan asked her friend, predicting how angry her parents would be. "Don't worry," Yolanda said, "We'll tell them it happened on a bike ride. They don't have to know we were at the lake." What advice would you give Morgan?