

04 — Decision-Making Tools

Develop the confidence to make thoughtful and responsible choices.

What You'll Explore

- Define the decision
- Identify options
- Consider consequences
- Choose and act
- Review the outcome

Key Learning

A useful decision process is to pause before reacting, gather relevant information, identify realistic options, consider short- and long-term consequences, choose responsibly and review what you learned.

DECIDE: Define the choice • Explore options • Consider consequences • Identify the best option • Decide and act • Evaluate the result.

Try It

A decision I need to make: _____

My realistic options: _____

Possible short-term consequence: _____

Possible long-term consequence: _____

My next responsible step: _____

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Educational resource for adolescents and young people. For learning and awareness purposes.