

## Decision Making

### Problem Solving

1. Identify the problem.
2. Identify ALL possible choices.
3. Consider/identify the consequences/outcomes  
Will the decision promote health & safety?  
Is the decision in line with my beliefs and values?  
Will the decision demonstrate respect for myself and others & good character?  
Will the decision help me achieve my personal goals?
4. Pick the best option and act.
5. Evaluate.

### If You Make A Poor Decision

1. Take responsibility for your actions and admit you made a mistake.
2. STOP. Don't continue to do wrong.
3. Discuss the situation with your parents or another responsible person.
4. Make restitution.
5. Plan/evaluate how to handle similar situations in the future.

Resiliency - The ability to adjust, recover, bounce back and learn from difficult times.

1. Work on your relationships with members of your family.
2. Develop a close relationship with a mentor.
3. Choose friends who are supportive & behave responsibly.
4. Don't put off/ avoid dealing with difficult situations.
5. Don't choose negative behaviors as a way of "coping."
6. Ask for help when you need it.
7. Discuss available support groups with a parent/responsible adult.
8. Be involved in school & community activities.

