Grade 9 Sample Lesson Plan:
Unit 17 – Decision Making 101

SOLs
- 9.2.d Identify health-related decisions that contribute to heart disease, stroke, diabetes, and other chronic diseases and conditions.

Objectives/Goals
- The student will be able to differentiate between different types of decisions (no decision, snap decision, responsible decision)
- The student will contemplate and make different decisions based on their values during the “Personal Health Sale” and decision making profile activities.
- The student will apply the DECIDE model when making decisions.

Materials
- Decision Making Packet
- Decision Making Presentation

Procedure

<table>
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<tr>
<th>Step 1</th>
<th>● Show the “teen brain” youtube video in the powerpoint  ○ Discuss the video as a class, did they know that teenagers brains work differently than adults?</th>
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<tbody>
<tr>
<td></td>
<td>Video Link: <a href="https://www.youtube.com/watch?v=-KQb3Mx2WMw">https://www.youtube.com/watch?v=-KQb3Mx2WMw</a></td>
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<td>This video discuss how and why the teen brain is different from an adult brain and how that affects teens' decision making abilities.</td>
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Essential Question:
How does the teenage brain differ from an adult brain?
| Step 2 | ● Go over the 3 types of decisions in the powerpoint  
○ No decision  
○ Snap decision  
○ Responsible decision  
● Have the students complete the types of decisions worksheet  
○ Briefly discuss answers as a class |
|---|---|
| Step 3 | ● Have the students complete the personal health sale worksheet  
○ As a class, discuss what the students bought, what answers surprised them.  
**Essential Question:** What factors influence our decisions? |
| Step 4 | ● Have the students complete the “million dollar decision making” activity before you show them the extended profiles of the people  
● Show the students the extended profiles of the different people  
○ Now, have them redo the million dollar decision making activity after hearing more about each person  
○ Discuss as a class what changes they made, who they assigned money to, who they didn’t, and why they chose who they did  
**Essential Questions:**  
How did the subject’s age influence their decision?  
How did the person’s gender influence their decision? |
| Step 5 | ● Explain and go over the DECIDE decision making model in the google slides with the students  
○ Slide 8 in presentation |
| Step 6 | Using the google slides, explain what core values are and how the impact our decision making  
  ○ Go over the core value examples in the presentation  
  ○ Equality  
  ○ Social Justice  
  ○ Responsibility  
  ○ Honesty  
  ○ Self Control  
  ○ Promise Keeping  
  ○ Respect |
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<td>Step 7</td>
<td>Using your DECIDE decision making model, illustrate an important decision that you are going to have to make in the next 12-18 months that will impact your future greatly. Don’t forget to consider all of the options and all of the potential consequences.</td>
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**References**

**Handout**
The next page includes a handout for the lesson. The handout is designed for print use only.
YOU DECIDE!
Label each decision with an **N** for No Decision, an **S** for a Snap Decision and an **R** for Responsible Decision.

| Who will you marry        | What to do on the weekend | What shoes to wear | What time to wake up | Whether to get a dog or a cat or not have pet | What city to live in | Buy a house or rent | What bank to keep your $$$ in | How to cut your hair | Oranges or apples | How many TVs in the house | Start smoking with friends | Go on a blind date | What kind of car to buy or use alternative transportation | Get a tattoo | Quit school or stay in school | What type of work to do | When to do laundry | Which movie to see | When/where to do homework | Which shampoo to use | What courses you take | What time to get home at night | Learn a foreign language | Who you will vote for | How many children to have or not have children at all | Go on a diet | Which cereal to eat for breakfast | Where and when to travel | Route you take to school |
|----------------------------|---------------------------|--------------------|---------------------|-----------------------------------------------|---------------------|----------------------|-----------------------|---------------------|-----------------|-----------------------------|--------------------------|---------------------|-----------------------------------------------|-----------------|--------------------------------|----------------------|----------------------|-------------------|-----------------------------|---------------------|----------------------|-----------------------------|---------------------|--------------------------|------------------|--------------------------------|-------------------|---------------------|

**No Decision** - Letting others decide what you will do.

**Snap Decision** - A quick choice you make with no consideration of the result.

**Responsible Decision** - Considering others (not only me) and your future (Not only now) when you make a decision.
Each item on the list costs $10. You have $100 to spend as you wish on things that you value in all areas of health. Place a check next to the items you would choose to buy.

____ Several hours of time outdoors everyday to do what you wish
____ Better looks: being more handsome or more beautiful
____ A lifetime guarantee of never being dependent on drugs or alcohol
____ Enjoying the responsibility of making your own choices
____ The chance to become any other person in the world
____ Talent to play any musical instrument you want
____ Perfect health for the rest of your life
____ Being considered a sensational boyfriend/girlfriend
____ Ability to eat as much as you want and never gain weight
____ Fame and popularity as an entertainer or politician
____ Skill to be the top athlete in any sport you choose
____ Recognition as a successful financial wizard
____ The chance for adventures, such as mountain climbing or flying
____ Some close friends you can count on and trust
____ The cure for two presently incurable diseases
____ The family you have always dreamed of
____ An invention that would guarantee clean air and water forever
____ A peaceful, painless death at a ripe old age
____ Friendships with famous, influential people
____ A clear conscience at the end of your life
____ As much time alone as you want
____ Ability to end hunger and find homes or the homeless
____ A wealthy partner or spouse

What did you buy that surprised you?
__________________________________________

Where there things you wanted to buy but did not? What were they and why didn’t you buy them?
__________________________________________
__________________________________________
__________________________________________

What else would you like to see on this list? __________________________
Using your DECIDE Decision Making Model, illustrate an important decision that you are going to have to make in the next 12-18 months that will impact your future greatly. Don’t forget to consider all of the options and all of the potential consequences.