

Lesson 1-Healthy Decision Making

Through our Healthy Food Policies unit and superhuman missions, we explored leadership and healthy decision making in relation to our food choices.

What are some other areas we can apply leadership and/or healthy decision making to?

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Let's start with decision making.

Why do we care? Why should we make decisions?

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Why do we care? Why should we make decisions?

Our decisions affect our lives!

Depending what decision we make, that can change the course of your day, week, year or even life! For example, if you choose to fail classes in grade 10, that will determine what post-secondary opportunities you have. If you choose to not bring a lunch to school, that could really affect your day! If you decide to participate in an activity that risks your life, you could be choosing to end your life. If you decide to give in to peer pressure, you could feel guilty for a long time. If I decide to stay up late, it negatively affects my day the next day.

Our decisions affect other people.

Nearly every decision we make will affect different people in one way or another. It's important to be aware of the influence our decisions will have, and understand what the "human cost" will be. This is tough because sometimes we make a decision in a split second that affects others more than we realize. We should try to look at the bigger picture when making decisions, although that is not always easy to do.

The decisions we make demonstrate our values.

Our actions testify more powerfully than our words what we believe in. For example, if I claim to value honesty but lie to you all the time, my actions show that I don't value honesty. (This is why I'm way too honest with you :))

Our decisions will set an example for those who follow

us. As leaders, we must understand that what we say and do will be looked up to by our followers; that our actions will be copied and modified by those who respect us. For example, whether you feel you have followers or not, the elementary students copy what you do and say. You might even have people looking up to you who are older than you! For example, I try to learn your lingo and have stopped (well am trying to stop) saying "The Facebook", however if you were all saying "The Facebook" then I would've continued!

It demonstrates a desire to lead.

By making decisions, we prove to our followers that we are willing to take the reins, direct the action, and get things done. We have shown that we are willing to put our necks on the line and accept the consequences of our actions. Others know they can look up to you and count on you if you make decisions.

Not deciding is a decision in itself.

Types of Decision Makers

There are generally three types of decision makers, and you may be a different type for each decision. The best decision making style is to be able to use each method, based on the situation.

1. No Decision

-letting someone else make decisions for them.

2. Snap Decision

-making decisions quickly based on their current reaction rather than considering the consequences and options.

3. Responsible Decision

-thinking about the consequences and how their decision will impact others before making the decision.

Types of Decision Makers

Act It Out!

When would it be appropriate to use each of these decision making strategies?

In a group, act out three skits using three different situations and three different decision making strategies. You can act them out in any order so the rest of the class can decide which strategy was used.

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Some decisions are easier to make because they don't have as severe of an impact on your life or others' lives.

Grab a partner and play 3 games of tic-tac-toe. In the first round, the younger player gets to start. After that, the winner gets to start.

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Was it really difficult to make a decision about where your x or o was placed? Why or why not?

Did the decisions you make affect your minute, day, year or life? What about the other player's minute, day, year or life?

What would've happened if you didn't make a decision at all?

How to make a decision:



You might not remember following this process during your game of tic tac toe, however you probably did!

Between games, you might have reflected on your past games' decisions and changed your strategy based on that.

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How to make a decision:



Step 1: Identify the Decision to be Made:

Does this decision need to be made by me alone, or with others?


What are the barriers that can help or hinder my decision?

What are some of my values that may impact my decision?

What information and resources do I need to help me with my decision?

Step 2: Brainstorm Possible Options Step 3: Identify Possible Outcomes


Option 1: _____

 Positive Outcomes

1. _____

2. _____

3. _____


 Negative Outcomes

1. _____

2. _____

3. _____


Option 2: _____

 Positive Outcomes

1. _____

2. _____

3. _____

 Negative Outcomes

1. _____

2. _____

3. _____

Lesson 1-Healthy Decision Making

Think of a realistic situation where you'd have trouble making a decision. Write it down on a piece of paper.

(You don't need to put your name on it, as we will choose one at a time and you will discuss with a partner what decision you would make for each situation. You will have a different partner for each situation.)