



## Lesson 9

### Journal entry

**Pretend you have to make an important decision.**

**Write the steps you would take to make that decision.**





**Some decisions you  
make are simple.  
Some are complex.**

**Learning to use a  
thoughtful process  
can help you make  
complex decisions.**





# Healthy behavior

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**Being sexually abstinent and preventing STIs and unintended pregnancy.**

**Slide 9C**

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By the end of this lesson, you will be able to...

**Demonstrate  
decision-making  
skills that can be  
used to protect  
sexual health.**





## Decision-Making Steps

1. Does a decision need to be made?
2. Stop and think before you act.  
What do you need to know to make a healthy and safe decision?
3. Do you need help with this decision?  
Who can help?
4. What choices do you have?
5. What are the possible outcomes for each of these choices?
6. What's the healthy and safe choice for you? Why?
7. Are you happy with the results of your decision?





# 1. Does a decision need to be made?

Yes, you need to decide if you're going on the date.





## 2. Stop and think before you act. What do you need to know to make a healthy and safe decision?

- Would you be going to the movie alone or with other people?
- How would you get to the movie? Would your date's parent take you?
- When did your parent let your siblings date?
- Are any of your friends allowed to date?
- Do you have any major projects or homework to do over the weekend?





### 3. Do you need help with this decision? Who can help?

- You will need to talk to your parent since you will be asking them to change a rule.
- You might want to find out how your friends have handled something like this.
- You might want to talk to another trusted adult for advice.





## 4. What choices do you have?

1. Say no to the date.
2. Lie and say you're going to a friend's house, but meet your date at the movie.
3. Talk to your parent and try to work something out.





## 5. What are the possible outcomes?

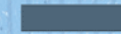
**NO.**

**Say no to the date.**



**You'll keep your parent's trust.**

**You won't have to deal with pressure around sexual activity.**



**The person you like might not ask you out again.**

**Your friends might tease you.**

**You might feel mad or resentful toward your parent.**



## 5. What are the possible outcomes?

**Lie and say you're going to a friend's house, but meet your date at the movies.**



**You could have fun on the date.**

**You would get to spend time with the person you like.**



**Your parent could find out.**

**You might feel guilty about lying.**

**You might have to deal with sexual pressure.**

**You might have to keep lying.**

**It would be hard to call your parent for help if you'd lied.**



## 5. What are the possible outcomes?

**Talk to your parent and try to work something out.**



**You'll be honest and build communication.**

**You might get to go on the date.**

**You might be able to find a compromise.**



**Your parent might say no.**

**Your parent might feel annoyed that you'd asked to change a rule.**

**If you don't get to go, the person might not ask you out again.**

**You'd get into even more trouble if you lied and went anyway.**



## 6. What's the healthy and safe choice for you?

The best decision is to talk to your parent to see if they will let you go on the date.





## 7. Are you happy with the results of your decision? Why or why not?

- Would you make the same choice again?
- What would you change next time?





**1. Does a decision need to be made?**

## Decision-Making Steps





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How do you think  
emotions might affect  
decision making?





# My Decision

**Directions:** Think about an issue related to sexuality that you will have to make a decision about one day. Then complete the decision-making steps. You will not have to share your answers.

## ► Situation

- ☐ Deciding to date someone.
- ☐ Deciding how to express feelings of attraction for someone.
- ☐ Deciding to have sex or not have sex.
- ☐ \_\_\_\_\_

① Does a decision need to be made?

\_\_\_\_\_

② Stop and think before you act. What information do you need to help you make a healthy and safe decision?

\_\_\_\_\_  
\_\_\_\_\_

③ Do you need help with this decision? Who can help?

\_\_\_\_\_

④ What choices do you have? Identify at least 2.

Choice #1 \_\_\_\_\_

## Student Workbook page 42