

23: Decision Making

Words of Wisdom

Feel-Act Scenarios

STAR Decision-Making Method

“I Promise”

**You already possess
everything you need
to become great.**

Crow

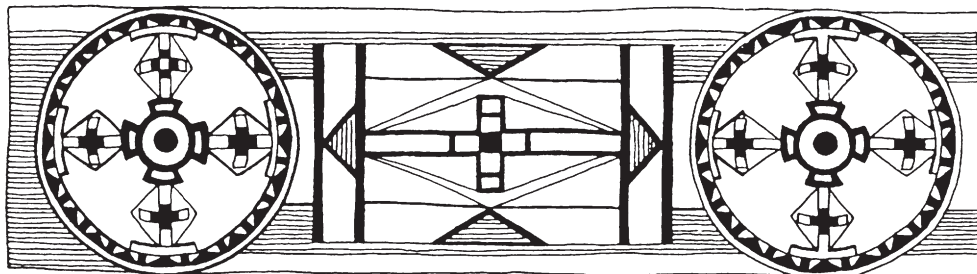
Feel-Act Scenarios

1. Linda had a really bad day. She got a C on her Biology exam, even though she had studied really hard. Her best friend Casey got mad at her because she cannot go to her birthday party. She was late to pick up her little brother from school and now her mom is mad at her too. She can't seem to do anything right. She feels as though she has disappointed everyone and so nobody cares about her.

John, a boy in her math class who is kind of annoying and not that attractive, keeps trying to talk to her. He calls her today and says his parents are not home and asks if she would like to come over. He says he thinks she is really sexy and would love to spend time just with her to get to know her better. Even though she doesn't really like him, it feels so nice to hear him say those things.

2. Ramon and Jerri have been going out for a few months. Ramon has wanted to have sex with Jerri for a long time. They started talking about having sex recently and decided they would do it tonight and use a condom because they don't want to worry about anything. Ramon just bought some condoms at the store this afternoon and now they are driving about 30 minutes away to a party at Mike's house because his parents will not be there. Ramon and Jerri go off to a room and start making out and getting really turned on. One thing leads to another and they are naked and ready to have sex. Ramon reaches into his jeans pocket where he thought he put a couple of the condoms he bought today. The condoms are not there!

3. Alexis and Grace drive out to the woods one night with Grace's older brother's friends. Some of the guys have brought some beer. Alexis does not want to drink and no one seems to mind. They hang out for a while talking, telling stories, and having fun. Alexis starts talking to one of Grace's brother's friends, Andy, and they really hit it off. Eventually it is time to go and they all start getting into the car to head home. Grace's brother gets into the driver's seat, even though he has had several beers. Alexis tells Grace that she feels uncomfortable riding with her brother driving. Grace gets upset and tells Alexis that if she doesn't want to come, she can stay alone in the woods. Alexis does not want her friend to be mad at her and she does not want to look stupid in front of Andy.



STAR Decision-Making Method

STAR is an acronym for the steps of this decision-making model: Stop, Think, Act, and Review.



1. Stop:

- Take time out to collect your thoughts before making a decision.

2. Think:

- Identify the problem
- Ask: What is the most important goal? *For example, is taking the risk of getting pregnant and having a baby right now important, or is going to college or being true to your values more important?*
- Generate alternatives: For example, could we only go out on group dates for a while; can I have an honest discussion with my partner and share my decision not to have sex until I'm older?
- Evaluate your choice: What is the choice that will help me reach my most important goals?

3. Act:

- Make that choice.

4. Review:

- Ask: How did that work out? How did my actions affect my relationship with my partner (and others)? How do I feel about myself for this action? How did my actions impact whether I can achieve my goals or not?

I Promise

Choose and circle one behavior to make a decision about:

Holding hands

Hugging and kissing

Touching above the waist

Touching below the waist

Having oral sex

Having vaginal sex

Having anal sex

Using birth control

Using a condom to prevent STDs

Being abstinent

Decisions to make about the behavior:

1. Is it okay for me to do this? (Now? In the future? Never?)

2. Under what circumstances is it okay for me to do this? (When? With whom?)

Setting My Own Limits

Think about possible alternatives for the behavior you selected, especially ones that reduce your risks of STDs and pregnancy as much as possible. List them here:

Now think about the behavior you selected. What are you willing to promise to yourself and to those who care about you about that behavior? Complete this sentence:

I promise to myself and to those who care about me to:

Signed: _____

Date: _____