

Steps to Follow	Explanation of Each Step	Example Decision Making Sample
Step 1	<p><b>Identify the problem</b></p> <ul style="list-style-type: none"> <li>• What's going on?</li> <li>• Is there a problem?</li> <li>• How am I feeling?</li> </ul>	<p>Sandip is riding his bike home from school with his friends. Sandip's parents insist that he wears his helmet, but none of his friends are wearing any protective gear. While he's putting on his helmet, Sandip's friends laugh and call him names</p>
Step 2	<p><b>List options/choices giving pros and cons for each</b></p> <ul style="list-style-type: none"> <li>• What are the consequences for each choice?</li> <li>• Workable?</li> <li>• Is the choice safe? Fair?</li> <li>• How do I feel about the choices?</li> <li>• How will people feel about the choice/solution?</li> </ul>	<ol style="list-style-type: none"> <li>1. Sandip can continue to wear his helmet</li> <li>2. Sandip can ride without his helmet</li> <li>3. Sandip can call his friends mean names</li> <li>4. Sandip can wear his helmet and ride home on his own</li> </ol>
Step 3	<p><b>Evaluate all options/choices</b></p> <ul style="list-style-type: none"> <li>• Which option/choice do I think is the best one to follow?</li> </ul>	<ol style="list-style-type: none"> <li>1. Sandip would be called names but would be safe</li> <li>2. Sandip would fit in with his friends but is not riding</li> <li>3. Sandip would upset his friends and likely isolate himself</li> <li>4. Sandip would be lonely for the ride home but he would be protected</li> </ol>
Step 4	<p><b>Make a decision</b></p>	<p>Sandip decided to continue to wear his helmet and ride home with his friends</p>
Step 5	<p><b>Act – Follow through</b></p>	<p>Sandip decided to continue to wear his helmet and ride home on decision with his friends. He told</p>

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		<p>his friends why wearing a helmet is important and talked about all the cool colours and decisions available. Sandip's friends stopped making fun of him and accepted him in his helmet. Sandip's friends wore their helmets to school the following day</p>
<p><b>Step 6</b></p>	<p><b>Reflect on the decision</b></p> <ul style="list-style-type: none"> <li>• What happened?</li> <li>• What did I learn?</li> <li>• What would I do next time?</li> </ul>	<p>When Sandip's friends made fun of him, he was upset. He knew that his parents valued wearing a helmet and that it was for his own safety. He knew that if he was caught not wearing his helmet he would not be allowed to ride his bike anymore. Sandip decided to continue to wear his helmet and ride home with his friends. He told his friends why wearing a helmet is important and talked about all the cool colours and decisions available. Sandip's friends stopped making fun of him and accepted him in his helmet. Sandip's friends wore their helmets to school the following day. Sandip was happy to see his friends joining him in wearing helmets and realised that they had felt bullied by some of their friends until Sandip had the courage to stand up to the friend.</p>