



Decision-Making

A decision represents a course of action chosen from a number of possible alternatives. One such model for decision making is given below.

P.O.W.E.R. Model*

Step 1 : PROBLEM

Stop and state (or identify) the problem.

Step 2 : O = OPTIONS

Think of different things you can do and use them. The more options you have, the Better

Step 3 : W = WEIGH

Look at the good things and weigh them against the bad things of every option you thought of, to solve your problem. The things you value should guide you in your decision making.

Step 4 : E = ELECT

Choose the best option, talk to a person you respect, then take the best action. Elect the option which obtains what is important to you (values).

Step 5 : R = REFLECT

Think or reflect about what happened because of your decision.

{*Namibia Youth Programme: My Future, My Choice (UNICEF, Namibia)}

Student Worksheet 1

List 5 things that you pressurize your friends to join you in or do.

- 1.
- 2.
- 3.
- 4.
- 5.

List 5 things that your friends have pressurized you to do.

- 1.
- 2.
- 3.
- 4.
- 5.



Student Worksheet 2

Listed are the actions/ situations generally our friends ask us to do. Write "OK" or "Not OK" in the column next to them. For "Not OK" actions/situations give a way to refuse.

Action/ Situation	OK/ Not OK	Refusal Technique in case of "Not OK"
Studying overnight at a friend's house		
Smoking		
Using abusive language		
Chatting with a stranger on internet		
Watching an adult movie		
Eating regular balanced diet		
Wearing contact lenses instead of spectacles		
Driving a car without a license		
Sleeping early		
Working out regularly		