# Skill-Building Challenge Worksheet: Making Healthy Decisions

Name: Blank Class: Blank Date: Blank

Read through the following scenarios and use the decision-making process to decide what the person should do. After you have made your decisions, identify one short-term and one long-term consequence of the decision.

**SCENARIO 1: COLBY AND JOEL** Colby is three years older than his brother Joel. Both are athletes, and Joel is also a musician.He practices guitar with some of his friends in their family’s garage. Colby is at his wit’s end with their so-called garage band that plays what he calls “the bad music.” Colby and his friends just want to play video games without all the background noise. Colby doesn’t want his friends to stop coming over because of his little brother. One night, Colby decided he’d had enough. He forced Joel’s hand in their bedroom’s doorway and then slammed the door shut. Joel couldn’t play guitar for a couple of weeks because of the injury.

What should Colby do in this situation?

Potential short-term consequence of decision:

Potential long-term consequence of decision:

**SCENARIO 2: JADEN AND MORGAN** Jaden and Morgan are friends, but Jaden’s feelings for Morgan have developed into romantic feelings for some time now. Jaden even bought Morgan an expensive gift last week. Today Jaden said, “Come on Morgan, just give me a kiss. I bought you that expensive gift last week. I think you kind of owe me something.”

What should Morgan do in this situation?

Potential short-term consequence of decision:

Potential long-term consequence of decision: