# Skill-Building Challenge Worksheet: Making Healthy Decisions

Name: Blank Class: Blank Date: Blank

Zakai vapes and wants Oaklynn to try it. They spend a lot of time together, and Zakai feels Oaklynn is being judgmental about vaping without ever having tried it. Zakai is certain that Oaklynn would like it if only she gave it a chance. Oaklynn is learning about the effects of vaping and nicotine in her health class and doesn’t think it’s a good idea, but Zakai has been vaping for a while and doesn’t seem to have any of the effects they are learning about.

Using the information in this lesson and your decision making steps, fill out the following chart to come to your decision as to whether Oaklynn should try vaping.

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| **Decision-making step** | **Possible decisions or outcomes** |
| **Step 1:** Understand the problem. What decision must be made? |  |
| **Step 2:** Gather information and know your options. What are the positive and negative choices Oaklynn could make? |  |
| **Step 3:** Know the consequences. Based on the positive and negative choices Oaklynn made in step 2, what are possible consequences for each choice? |  |

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| **Step 4:** Make a decision. Of the choices you provided in step 2, which is the healthiest option for Oaklynn? |  |
| **Step 5:** Think about Oaklynn’s choice. Evaluate and reflect on the outcome and explain why Oaklynn’s decision was the right choice or why Oaklynn should make a different decision if given the opportunity. |  |