

CHOICES & DECISION-MAKING



WHAT ARE CHOICES?

Choices are decisions that everyone make, no matter how big or small they are. Even something as simple as choosing what to eat requires us to make choices. There are good and bad choices, but we shall be focusing on the good choices!

GOOD CHOICES



HOW DO I MAKE GOOD CHOICES?






Sometimes, making good choices can be difficult.
However, don't be afraid to ask for help from
people that you can trust!

Some people that you can ask for help include...



WHAT STOPS ME FROM MAKING A GOOD CHOICE?

Your feelings can prevent you from making good choices.

You may feel  **SAD**  **ANGRY**  **CONFUSED**  **SICK**  **SCARED** at that moment...



Make sure you feel **HAPPY** and make a good choice after a while!

HOW DO I MAKE A DECISION?



THE DECISION-MAKING PROCESS

#1: What is the situation about?

#2: What can I do?

#3: What should I do?

#4: Will my choice affect others?

#5: What will happen to me?

#6: Picking the action and doing it

WHAT HAPPENS AFTER I MAKE A CHOICE?



CONSEQUENCES/RESULTS OF MAKING CHOICES?

There are many different consequences/results that can happen after you make a choice. Here are some good results and bad consequences that can happen after you make a choice!



GOOD RESULTS

- Getting praised
- Not getting scolded
- You feel happier
- Nothing bad happens
- It can help you get closer to your goals and values



BAD CONSEQUENCES

- Getting into trouble
- People trust you less
- Friendships and relationships turn sour
- You feel regretful after making the decision
- Benefits given to you might be taken away (eg: phone, games)