

## ACTIVITY 4A

# WHO'S MAKING THE DECISION?

## BRAINSTORMING

Brainstorming is an excellent way to come up with many solutions when making a decision. During brainstorming, no idea is too ridiculous or unworkable. Even foolish ideas can be valuable for stimulating new ways of thinking about a decision.

The following are some simple rules to follow whenever you brainstorm.

1. Wild, crazy ideas are okay.
2. No criticizing, evaluating, judging, or defending an idea during the brainstorming session. Only give ideas.
3. The more ideas the better. This is one time when quality is not as important as quantity.
4. Everyone in a group must contribute.
5. Every idea has the same worth. No idea is better or worse than another.
6. Use the ideas of others to build on or come up with more ideas of your own.
7. After a classmate shares an idea, continue brainstorming using the words, “yes, and” before stating your idea. Using the words, “yes, and” helps you build off of others’ ideas. This is in comparison to using the words, “yes, but”, which can have the opposite effect and stop the flow of ideas in brainstorming.
8. Record all ideas. The person recording should write ideas down exactly as said – no editing. When ideas are coming very fast in a group, it may be helpful to have two recorders.

Adapted from Fox, M., et al. (2007) Making good decisions. Survive, strive, thrive: Keys to healthy family living. Lincoln, NE: University of Nebraska Extension.

# WHO GETS TO MAKE THE DECISION?

For each decision that needs to be made, mark the box that best fits who makes the decision. If someone else helps make the decision, write who that is.

WHAT'S THE DECISION?	I DECIDE	PARENTS DECIDE	BOTH OF US DECIDE	SOMEONE ELSE HELPS
What to eat for breakfast?				
What classes to take?				
When to do homework?				
What to watch on television?				
Who to invite for your birthday?				
Whether you try out for the softball team or the school musical?				
What to wear to school?				
Whether to drink a beer?				
What family car to buy?				
Who your best friend is?				
At whose home you can stay overnight?				
Whether to ride in a car with a drinking driver?				
How to spend your allowance?				
If you should babysit for your neighbors?				

# DECISION-MAKING STEPS

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1. **Identify the decision to be made.**

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2. **Brainstorm possible options or choices.**

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3. **Select the options that are the best.**

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4. **List the positives and negatives of each selected option.**

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5. **Think about short-term and long-term consequences.**

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6. **Choose the best option.**

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