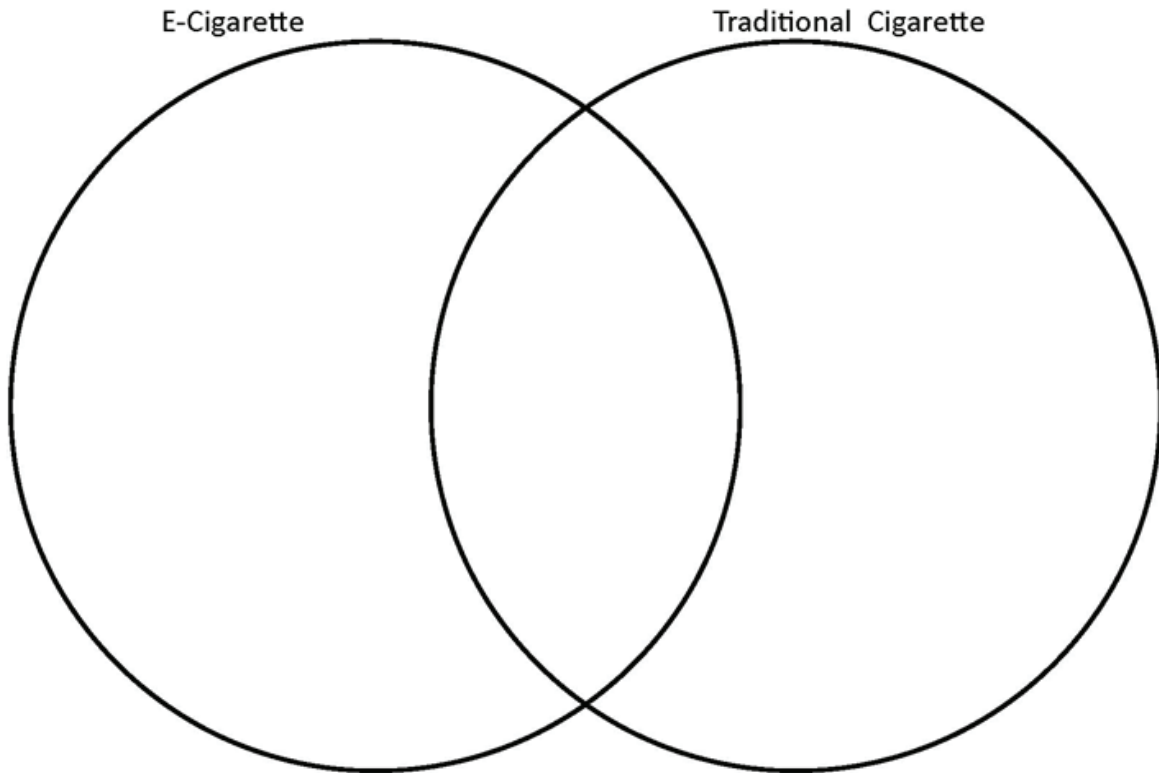


ACTIVITY 4C

# DECISIONS, DECISIONS, DECISIONS STUDENT HANDOUT

## E-Cigarette versus Traditional Cigarette



In this diagram we have two circles, one representing e-cigarettes and one representing traditional cigarettes. Inside the circles list words that describe those things. If a word describes both e-cigarettes and traditional cigarettes, put it in the middle where the circles overlap.

DECISION-MAKING STEPS POSTER

# DECISION-MAKING STEPS:

- 1. Identify the decision to be made.**
- 2. Brainstorm possible options or choices.**
- 3. Select the options that are the best.**
- 4. List the positives and negatives of each selected option.**
- 5. Think about short-term and long-term consequences.**
- 6. Choose the best option.**

# DECISIONS, DECISIONS, DECISIONS HANDOUT

ASK YOURSELF...	WRITE YOUR ANSWERS!	
What is the decision I must make?		
Why is this decision important to me?		
What are all the possible options I have to make this decision? Rank choices 1 to 5.		
Who could help me make this decision?		
What are the short-term consequences of my first choice? (immediately to a few weeks)  My second choice?	PROs	CONs
What are the long-term consequences of my first choice? (6 months to 1 year)  My second choice?	PROs	CONs
What is my decision?		

# DECISIONS, DECISIONS, DECISIONS SITUATIONS

You are staying overnight at a friend's house. Some of the group decide to sneak out and wander the neighborhood. You know it's going to be fun.

You have a chance to go to a movie you really want to see. A neighbor calls and wants you to babysit.

You want to look more grown up so you're thinking that you might try vaping.

You are shy and quiet. You heard alcohol can help you relax and be more talkative. Maybe this is just what you need to help you make friends and feel part of the group.

Some kids at school brag about how good it feels to smoke marijuana. You are really curious about its effects.

You are walking home from school and find a \$20 bill. There are some people walking ahead of you. What should you do?