

Decision-Making Skills

Leaders put the people first. Leaders in our community are those who know how to make good decisions using patience and careful thought.

Formulate Your Decision-Making Power

1. Define the Problem

- Figure out exactly what the problem is.
- Set goals or steps to address the problem.

2. Reevaluate the Situation

- Consider the options you have to solve the problem.
- Don't rush into making a decision. Maybe you should think on it for a while.

3. Gather Information

- Use the time you have to get information to help make your decision.
- Ask those you trust (elders, family members, community members, support) for advice, prayers, and guidance.
- Use lots of resources (library, Internet, etc.)

4. Think of Alternatives

- Brainstorm for a wide variety of solutions.
- Get all your ideas out before you decide what to do.
- Write down all your ideas.

5. Try Out Your Alternatives

- Imagine the consequences of each of the alternatives.
- Be realistic. Ask yourself, "Can these plans be carried out?"
- You might need to combine more than one of your ideas to solve the problem.
- Be creative.

6. Put Your Decision to Work

- Make the decision and do it!
- Tell others involved what you have decided to do.
- Ask for feedback.
- Readjust the decision over time if you need to.

Sample for Formulating Your Decision-Making Power

1. Define the Problem

- Figure out exactly what the problem is.
~ *The problem is that my boyfriend wants to have sex.*
- Set goals or steps to attack the problem:
~ *I want to say, "I don't want to have sex."*
~ *I want to say "School comes before sex for me."*
~ *I want to say "I don't want to get pregnant in high school."*
~ *I want to keep going out with him.*

2. Reevaluate the Situation

- Consider the options you have to solve the problem.
~ *We can still go on dates.*
~ *We can break up and I can date some one else.*
~ *I can give in and have sex with him.*
~ *We can just be friends.*
- Don't rush into making a decision. Maybe you should think on it for a while.
~ *Can you wait or do you need to act now on a decision?*
___ *I can wait.*
X *I need to act now.*

3. Gather Information

- Use the time you have to get background information to help make your decision.
- Ask those you trust (elders, family members, community members, support) for advice, prayers, and guidance.
~ *I will talk to my older sister, my grandmother, and my Indian advocate at school.*
- Use lots of resources (library, Internet, etc.)
~ *I might read about teenage pregnancy and STD's on the Internet.*

4. Think of Alternatives

- Brainstorm for a wide variety of solutions.
- Get all your ideas before you decide what to do.
- Write down all your ideas.

~ My ideas for solutions from brainstorming:

Solution 1: I'm going to tell him I don't want sex now.

Solution 2: I'll make plans to do things with friends if he breaks up with me.

Solution 3: I'll get involved in other activities I like and meet new people.

5. Try Out Your Alternatives

- Imagine the consequences of each of the alternatives.
- Be realistic. Ask yourself, "Can these plans be carried out?"
- You might need to combine more than one of your ideas to solve the problem.
- Be creative.

~ The consequences of my solutions would be:

Solution 1: This will be difficult, but I think I can do this.

Solution 2: I can call friends and make plans to go out with them.

Solution 3: I can spend more time on home work and I have always wanted to be in the Anishinaabe Club.

6. Put Your Decision to Work

- Make the decision and do it!

~ The date I carried out my decision: January 25, 2002

- Tell others involved what you have decided to do.

~ Feedback I got from others: My friends were glad to hear from me; they wanted to do things together; my parents were glad to see more of me.

- Ask for feedback.

- Readjust the decision over time if you need to.

~ Adjustments I made on my decision after trying it out: I didn't tell him until I had other plans to back up my weekend so I wouldn't feel so bad if he rejected me.

- * **The most important lesson I learned from this decision was —**

~ I have power over my own decisions and over my own body.

Formulating Your Decision

1. Define the Problem

- What is the problem?

- Set goals/steps to address this problem:

2. Reevaluate the Situation

- Name your options to solve this problem:

- Can you wait or do you need to act now on a decision?

___ I can wait.

___ I need to act now.

3. Gather Information

- I will talk to these trusted people for advice:

- I will use these additional resources:

4. Think of Alternatives

- My ideas for solutions from brainstorming:

Solution 1: _____

Solution 2: _____

Solution 3: _____

5. Try Out Your Alternatives

- The consequences of my solutions would be: (Remember to be realistic. Ask yourself, "Can I really follow through on this?")

Solution 1: _____

Solution 2: _____

Solution 3: _____

6. Put Your Decision to Work

- The date I carried out my decision:

- Feedback I got from others:

- Adjustments I made on my decision after trying it out:

7. The most important lesson I learned from this decision
