



STEP 2 – Options

Options=Choices (Thinking about consequences before making a decision.)

SODA – Step 2 (Options) – consider the problem

** As we make decisions, we have to consider the consequences for those choices. It's a good rule to always consider your problem after you: **(STOP)**
– state the problem SODA – Step 1

Practice: Write the obvious consequences for the problem stated.

A. **Problem=** Your brother of 15 years old starts taking drugs along with the neighborhood older boys.

B. **What is an option?**

Consequence =

C. **Problem=** Mommy has no time to look over your HW and school assignments. She has missed the first three PTA meetings & she leaves early for work and returns when you are asleep because of two jobs.

What is an option?

Consequence =

Screwdriver:

One day while walking home from school, a friend suggests that you bring a screwdriver to school to use as a weapon to protect yourself.

- I. What is the problem? _____
- II. How would this make you feel? _____
- III. What are your options- in order to make the right decision?

Fun Day:

Tomorrow is Fun Day and Chantel and her mother are in Fashion Hall looking for an outfit for her to wear at school. Chantel wants to wear a belly-out top with 'pum-pum' shorts. Her mother wants her to wear T-shirt and jeans.

- I. What is the problem? _____
- II. How would you be feeling? _____
- III. What would be your options, in order to make the right decision?

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