Health & Family Life  **Name**_____

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?
_____

By Tina Mckenzie

LIVEWORKSHEETS

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