

Decision Making and Abstinence

8th Grade Sexual Health Education

Learning Objectives

01

Understand how to use the DECIDE model to make a decision

02

Recognize the consequences of sharing sexually explicit pictures

03

Apply DECIDE model to a decision about sexual activity

04

Define and understand reasons for abstinence

Decisions— we all make them

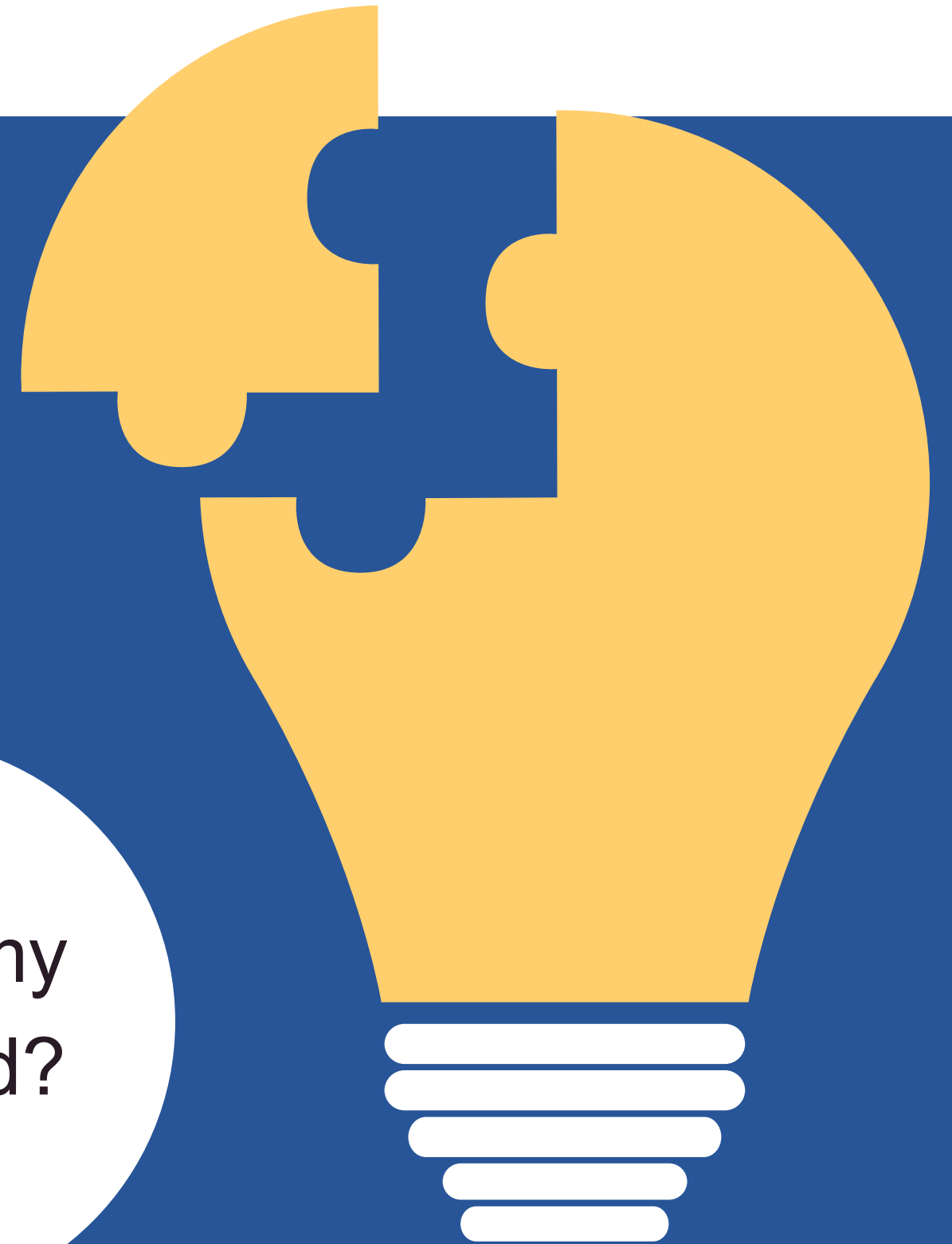
Decision making is the process of choosing from a variety of options to solve a problem or achieve a goal.

Some are easy, others are more difficult.

What will I
eat for
lunch?

Will I do my
homework
tonight?

Who is my
best friend?



Decide model

D

Define the decision

E

Explore your options

C

Consider the consequences

I

Identify your values

D

Decide and act

E

Evaluate the results



Decide model worksheet



Handout: DECIDE Model
8th Grade Sexual Health Education

Define the Decision:

Option 1:

Option 2:

Option 3:

Consequences:

Consequences:

Consequences:

IDENTIFY YOUR VALUES: CIRCLE WHICH CONSEQUENCES ARE MOST IMPORTANT TO YOU

Decide:

Evaluation Plan:



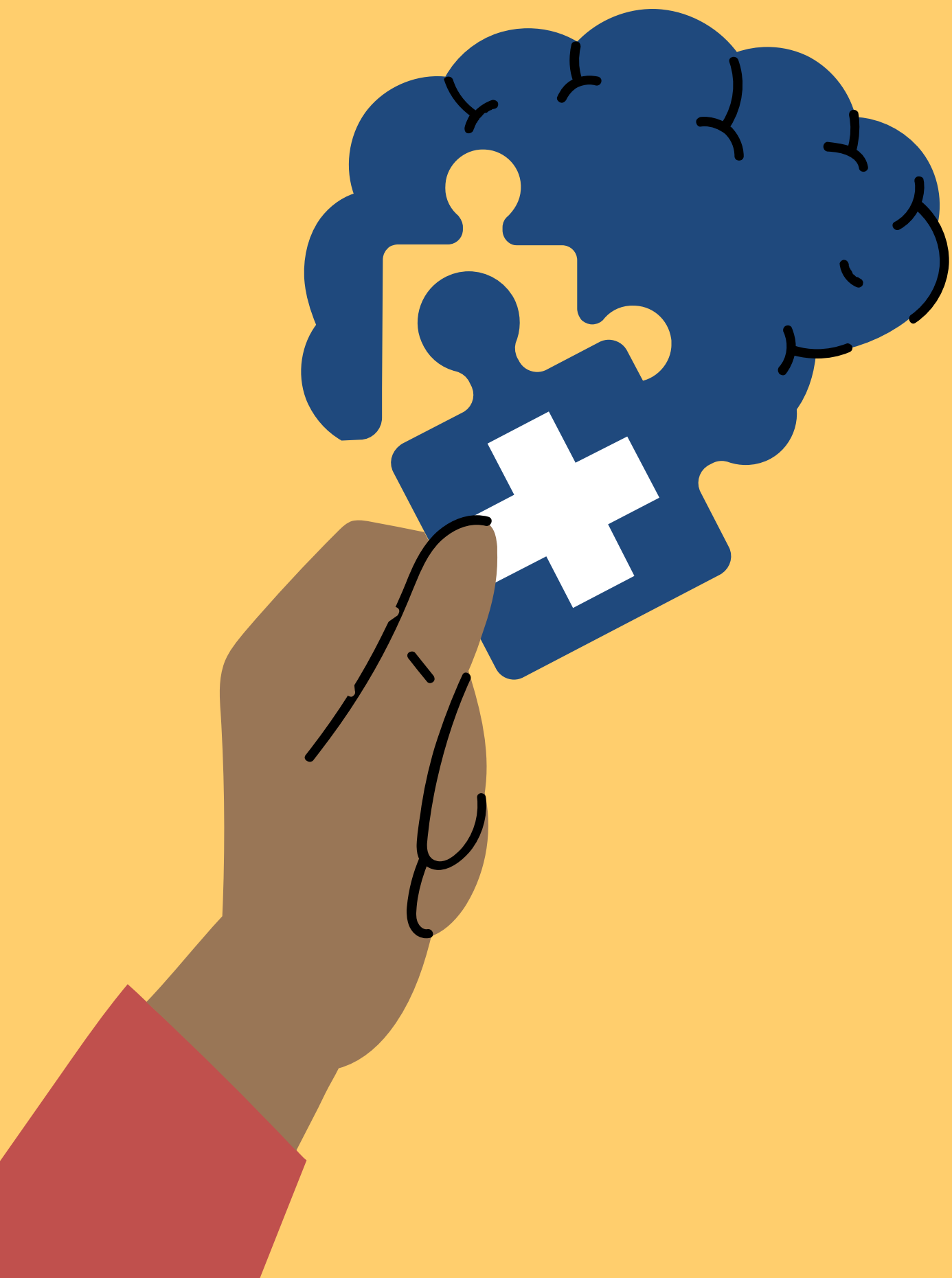
Decide model



What was the decision Mabel had to make?

Fill out your worksheet with your team:

- What were her options?
- What were the positive and negative consequences of each option?
- Which consequences were likely most important to Mabel?
- How will she know if she made the right decision?



Sexual Decision Making

Process of choosing whether or not to engage in sexual activity



Decide model

Fill out the other side of your DECIDE model worksheet, considering a decision you might face about sexual activity.

How might someone know if they made the right decision? How do they evaluate?

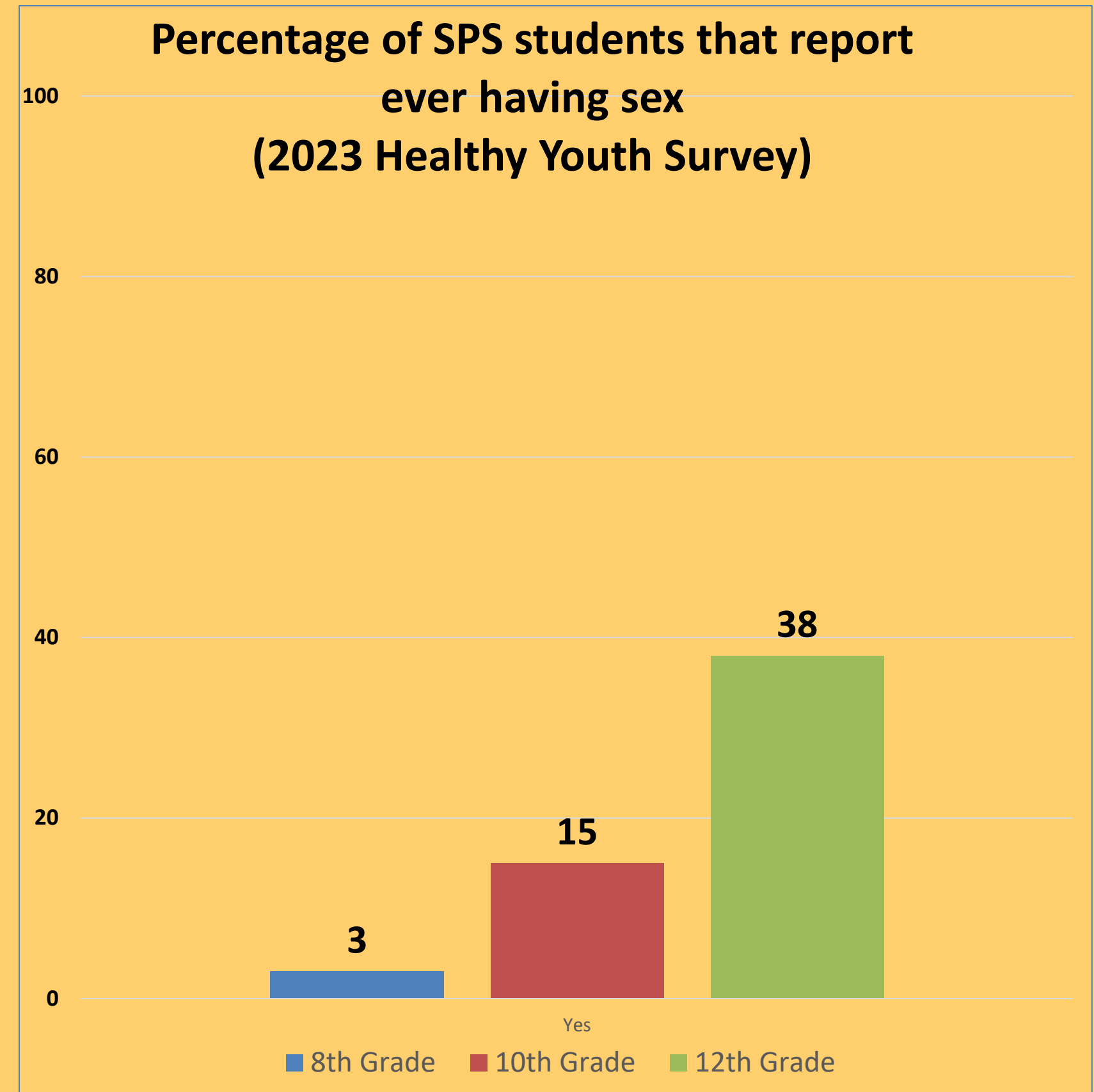


Abstinence

Abstinence means not engaging in sexual behaviors. Most Seattle teens choose abstinence.

Anybody can be abstinent, no matter your age, gender, sexuality, or the sexual experiences they've had before.

A person can choose to be abstinent whenever they want.





Abstinence

What were Matt's reasons for abstinence?

Focus
on
school

Get to
know each
other

Lots of
other stuff
to do

No
pregnancy
or STDs

Not sure if
they are
ready



Decision Making

Some decisions feel easy, while others feel harder.

If you are struggling with a decision, it can help to talk with a trusted adult - you don't have to do it alone!



Exit ticket



What does each letter of the DECIDE model stand for?

How do our personal values impact our decision making?



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