GRADES
9-12

# RESPONSIBLE DECISION-MAKING

## Parent Resource

### DID YOU KNOW?

People make about 35,000 decisions **EVERY DAY!**

Responsible decision-making means thinking about all options and outcomes to make the best choice.

**In grades nine through twelve, children begin or continue:**

- Demonstrating effective and respectful communication skills and strategies.
- Developing leadership skills.
- Refining plans for career paths or areas of study.

### LEARN FROM THE PAST

Share a time when you revisited a decision after gaining new perspectives.

**EXAMPLE**

For the last couple of years, you have planned to attend a certain technical college after high school. Recently, you attended a career presentation that interested you. Pursuing this new interest, however, would significantly change your plan. Describe what you should consider when making this decision.

### TALK ABOUT ACTIONS AND REACTIONS

Describe how actions and reactions can impact responsible decision-making.

**EXAMPLE**

Keeping up with content on social media takes up quite a bit of time. You would like to cut down on screen time as you know it is taking away from other activities you enjoy. Describe responsible decision-making given this challenge and some strategies that may be helpful.

AS YOUR CHILD GETS OLDER, HE OR SHE WILL HAVE TO MAKE MORE DECISIONS. TEACHING YOUR CHILD HOW TO MAKE RESPONSIBLE DECISIONS WILL HELP HIM OR HER BE PREPARED WHEN SITUATIONS ARISE AS A TEEN OR ADULT.



### SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:

Consider different perspectives to inform decision-making.

Analyze how actions and reactions can influence one to respond in different situations.

### DINNER TABLE CONVERSATION STARTER

Share with your child an experience you had as a young adult when making a major decision. What helped you make your decision? Did you seek out guidance or advice? Is there anything you would have done differently in making this decision? By describing your experience, this can help open conversation with your child to support responsible decision-making.

RESILIENCY FLORIDA