

SLEMA DECISION MAKING MODEL

(Lesson 8, Exercise #2, Youth Handout)

1. State and understand the problem – What’s going on?
2. List and evaluate the possible choices – What are my options?
3. Evaluate possible solutions – What would happen if . . . ?
4. Make a decision based on everything you know – I have decided to . . .
5. Act on your choice – My first step will be to . . .

(Remember to revisit your choice in a few weeks and think about how things turned out. Think about whether you might do things differently next time)

		CHOICES		
		First Choice	Second Choice	Third Choice
CONSEQUENCES	Is it safe?			
	Is it legal?			
	Is it respectful of self and others?			
	Does it follow my parents’ guidelines?			
	Is it healthy?			
	How will it affect my future?			
	Is it the right thing to do?			
	Other consequences			