

DECISION-MAKING SKILLS FOR LIFE

Decision-making skills are critical to your life.

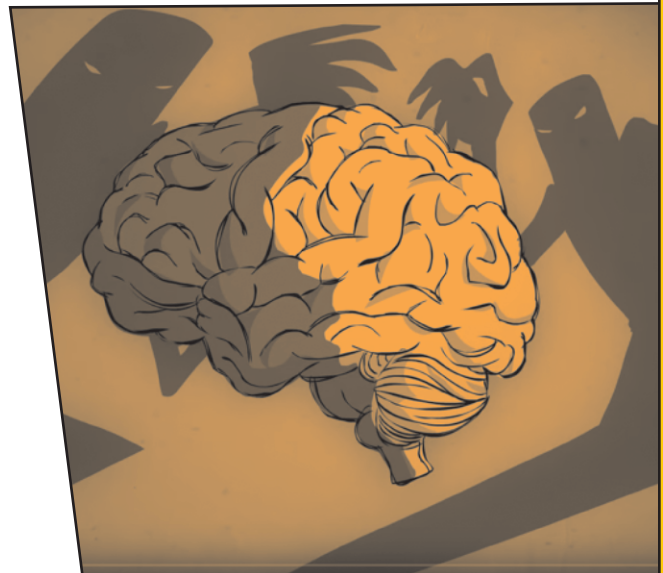
You use them every day, whether you are trying to decide where to go on a Saturday night or need to figure out what to do after high school.

Decision-making skills are techniques that will help you avoid or leave risky or dangerous situations. These skills are important to help you navigate the many new experiences and situations you will face in middle school and high school.

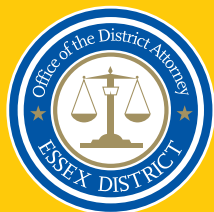
Unfortunately, you may be pressured to prove yourself to others, and people sometimes do things in a group they would not normally do if they were alone.

Wanting to go along with the crowd is normal, however, it is not always a good thing to do. Learning to avoid or reject risky or dangerous situations is an important lifelong skill to have.

Decision-making skills give you more power in all aspects of your life. If you take a strong stand by choosing not to use tobacco, drugs, or alcohol, consider yourself already on the road to success!



You have the power to make that choice. *(Turn over for the skills >)*



Office of District Attorney Jonathan W. Blodgett

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Here are some key decision-making skills you can learn and use in your life:



FORECASTING:

Thinking ahead and deciding ahead of time what you will do if you find yourself in a risky situation.



AVOIDANCE:

Staying away from situations that may be risky.



REFUSAL:

Refusing to take part in a risky behavior.

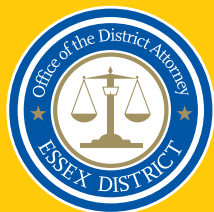
VERBAL: Stating that you will not participate or arguing against a risky behavior.

NONVERBAL: Using gestures, gaze, body language, touch, and/or use of space to communicate unwillingness to participate in a risky behavior.



EXIT:

Removing yourself from a risky or dangerous situation.



So think ahead, develop a plan, and be safe!

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