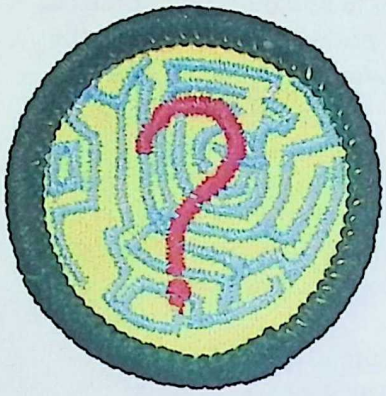
The Choice Is Yours

Decision-making is a skill you will use every single day of your life. With this badge you will learn how to make choices that work for you.





1. Share the Experience

In a small group, share a difficult decision you made. What things influenced your decision? What helped you decide? What was the result of your decision? What would you have done differently if you had had a second chance?

2. Looking Ahead

Make a list of the important decisions you may have to make within the next ten years. Talk with at least three friends to find out about the kind of decisions they think they will have to make. Compare their lists to your own.

3. People Pressures

Create a poster of ways that people pressure or force others to do something they may not want to do. One way might be someone saying, "Everybody's doing it." Share your poster with others and role-play some positive responses to such lines.

4. Deciding to Act

With your troop or group, decide on a service project. Make a list of everyone's ideas. Discuss each idea. Come to an agreement about what you will do and put your plan into action. Once your project is complete, evaluate how it went. What changes might you make the next time?

5. Learning from Others

Ask family members and other adults how they make decisions. Can you think of some other ways? Decide which ways are helpful and which are not. Make a list of reminders for when you make decisions.

6. Computer Game Choices

Play a computer simulation game that has decision-making built into it, such as "The Sims," and discuss with others the consequences of the most difficult decisions you made during the game.

7. Try It On for Size

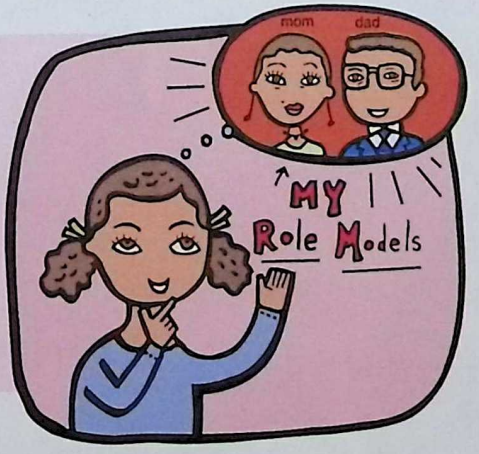
Discuss the following situations and role-play what you would do if:

- A classmate offered you a cigarette on the way home from school
- A group of friends stopped by to visit you when no adults were home (your parents don't permit you to have anyone over when you're home alone)
- Your family planned an outing on the same day as your best friend's birthday party
- A bigger kid tried to bully you in the park
- Some of your friends started teasing a classmate

Make up your own situations and play them out.

8. Role Models

Think of the things and people that influence your decisions—for example, friends, school, family, or the media. Star (*) the people on this list whom you can approach when you need help in making a personal decision. What makes these people special?



9. Learning by Example

Many children's stories and fables are about people who made the wrong decision and suffered, or who made the right one and were rewarded. Select a story to read to a younger girl, and discuss the decisions in that story.

10. There Once Was a Girl . . .

Create a story about a girl who has trouble making an important decision and share it with others.

Role-playing...

means acting out a situation that could really happen. When you role-play, you try to say and do what the person you are pretending to be would say and do in that situation. This gives you a chance to experience how someone else might feel and act. You should always have a discussion after role-playing to talk about what happened and how everyone felt. When you watch a role-playing exercise, think about what you would do in that situation, and be supportive of the people doing the acting.