

S Magazine

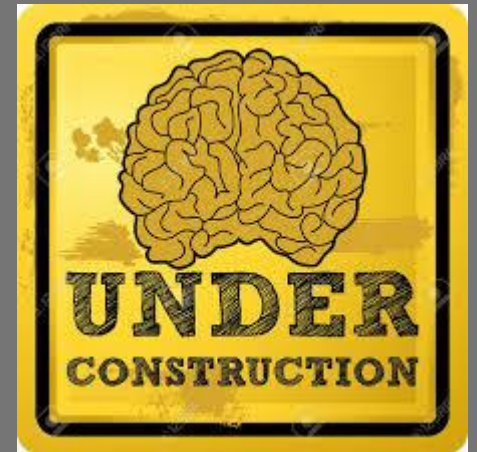


# Brain Development and Responsible Decision Making

HG&D - Physical Education Lesson #2

# The Teenage Brain

[The Teen Brain: Under Construction](#)



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# Video Questions:



1. What does it mean to be a grown-up?
  2. What are some common behaviors of teens?
  3. What part of your brain is under major development?
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# Responsible Decision Making

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# The Responsible Decision Making Model



1. Describe the situation that requires a decision.
2. List possible decisions you might make.
3. Share the list of possible decisions with a trusted adult.
4. Evaluate the consequences.
5. Decide which decision is responsible and most appropriate.
6. Act on your decision and evaluate the results.

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# Evaluating the Consequences

Will this decision result in an action that...

- Is Healthful?
- Is Safe?
- Is Legal?
- Shows respect for self and others?
- Follows the guidelines of responsible adults such as my parent or guardian?
- Demonstrates that I have good character?



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# Applying the Decision Making Model - Evaluate the Consequences



**MAKE GOOD**

**DECISIONS**

Directions: You will need the Decision De-terminator handout to complete this activity.

Read through the scenarios. Then answer the six questions for evaluating a consequence.

Remember... if you answer YES to all six question, it is considered a responsible decision.

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# Scenario 1:

Your parent's rule is no dating until you are 16 years old. However, you really like someone in your math class. You have noticed that this person is really into you too. Recently, you received a message from this person asking you out. Would it be a responsible decision to go out with them?



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## Scenario 2:

You are at a football game with a person you are attracted to. They tell you their older brother said both of you could use his car “for whatever you wanted” during the game. The car is parked far away from the football field in an unlighted area. Would it be responsible to go the car with this person?

## Scenario 3:

A friend has confided in you about being sexually active with their older boyfriend. You asked your friend if they have thought about the risk of pregnancy and STIs. Your friend said that they are really scared about it, but too afraid to talk about it with their boyfriend. You decide to go to a trusted adult (parent, teacher, guidance counselor) with this information. Is this a responsible option for you, even if your friend doesn't want you to tell anyone?

# Scenario 4:

It seems as if all your friends have boy/girlfriends except for you. Often you get teased because of this. Someone has showed interest in you. However, you are not attracted to them and you have heard that they party on weekends getting drunk and high. You are feeling pressure from your friends to give this person a chance. You tell your friends you have no interest in this person and won't even go out on one date with this person. Is this a responsible decision?



**Class Review:  
Choose a scenario or two  
and discuss!**

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