

*Reflecting on Decisions I've Made*

Step 1: Please fill out the first and third column in the following chart.

Step 2: Please fill out the second and fourth column in the following chart.

Some Good Decisions I've Made	How did I make the Decisions (i.e. what factors influenced me?)	Some Poor Decisions I've Made	How did I make the Decisions (i.e. what factors influenced me?)

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Scenarios for

Sonia has gone on a vacation to Cancun with her family. While she was there, Sonia and her sisters took lots of pictures of themselves in beachwear. They turned out really beautifully. Sonia would really like to post them on social media, but she's not sure if it's a good idea. What should she do?

1. Trish would like to get some tattoos, but her parents are against it. They think she will regret the decision when she's older. Trish wants to live in the moment and feels that tattoos will help express her individuality. She doesn't have the money. What should she do?
2. Nithya is out with a bunch of friends. Everyone is having a good time, laughing and talking. They pull out the alcohol and a joint. Nithya doesn't do either, but she's shy to share this with her friends. Part of her is curious about these things. What's wrong with a little drink, she reasons. What should she do?
3. Leela's parents want her to study science, but she really wants to study art in university. Leela respects her parents and loves her family, but she feels quite frustrated by this. What should Leela do?
4. Barb is not doing very well in math class. She finds it difficult. One day, she's writing a really tough test that she didn't study for. She needs the marks to do well in the course. Her best friend is sitting beside her. She is quite good at math. The teacher has to leave the room for some time due to an emergency. Barb's friend pushes her paper closer to Barb so she can see the answers if she looks at it. On the one hand, those marks would really help her, but she feels it's wrong. "Well, I'm not hurting anyone by looking," she reasons. Is she correct? What should she do?

5. Susan is very busy with school and her part-time job. She is also taking private dance classes. She is good at a lot of what she does, but she puts considerable effort and work into it. Many days, she ends up going to sleep late and she forgets to have lunch because she's so busy with the clubs she's a part of. The opportunity arises for Susan to take on the lead role in a musical her school is producing. She's really tempted to do it, but she's nervous it might be too much. What should she do?
  
6. Tracy is having a hard time losing weight. She really wants to fit into a dress she bought with her friends, but semi-formal is around the corner and she doesn't have time to diet properly. Her best friend introduces her to some effective diet pills. She's tempted to take them, but when she mentions it to her mom, her parents are totally against it. Tracy's friend offers to share her supply. What should Tracy do?
  
7. Denise is staying up until really late on social media. She finds it very difficult to get up the next morning. She notices that her grades are slipping a bit, but she's still a good student. Exams are coming up, and she notices that she is on social media more as a means of procrastinating her studying. What should she do?
  
8. Meera really wants to be part of the in-crowd, but she knows they always gossip. She used to be friends with Padma, but nobody in the in-crowd likes Padma. Meera has to admit that Padma is a bit unusual in her behaviour, but she's always liked her and thought she was nice. The rest of the in-crowd makes fun of Padma behind her back. What should Meera do?
  
9. Hilary knows a secret. Her friend Tamara has developed a shoplifting habit. Tamara has asked her not to share this with anyone. What should she do?
  
10. Nadia has been chatting with her guy friend for awhile. They really get along. He wants to take it further. Nadia feels confused. She cares about Arash, but she's not sure if she's ready. When she communicates this to him, he says he understands but Nadia can feel him pull away from their friendship. Part of her is upset with him, but part of her thinks, "maybe I should just try



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stuff with Arash. After all, I'm curious and how bad can it be?" Most of her friends have boyfriends, why shouldn't she? She reasons. What do you think Nadia should do?