

Standing On Your Decision

Goal

Increase understanding of pressures that may challenge decisions, and increase ability to navigate these pressures

Getting Ready

Gather

- Pens/Pencils, Markers/Colored Pencils/Crayons, Blank Paper, Notebook Paper
- For Extension (if applicable): Journals/Notebook Paper
- Optional: Music

Prepare

- Write *Graffiti Wall Facilitation Strategy* questions on board/chart paper.
- Write topic list from Debrief/Application section on board/chart paper.
- Copy and cut the "Standing On A Decision Scenarios" Facilitator Resource.
- Review *Graffiti Wall Facilitation Strategy*.
- For Extension (if applicable): Write *Journal Reflection* questions on board/chart paper.

Decide







- How to form groups; *Suggested Group Former: Sound Off*

Knowing Yourself & Your Teens

How might your own experiences with pressure and decision-making impact your facilitation of this lesson?

How will you support participants who share very difficult experiences with decision-making and pressure? Additional supports may be necessary for these participants.

MULTIPLE INTELLIGENCES

-  Interpersonal
-  Intrapersonal
-  Body/Kinesthetic
-  Verbal/Linguistic
-  Visual/Spatial
-  Musical/Rhythmic

B

Share

- Today in TOP Club, we're going to talk about decisions and pressure.

Ask

- What comes to mind when you hear me say "decisions and pressure?"

E

Using the *Graffiti Wall Facilitation Strategy*, ask

- Who do we receive pressure from?
- What does pressure look and sound like?
- When does pressure occur?
- Why is pressure difficult to deal with?
- How does it feel to be pressured?



FACILITATOR TIP



Consider playing music while participants respond to the Graffiti Wall Questions.

When participants have finished, review the responses.

Divide participants into groups and pass out pens/pencils and notebook paper.

Share

- Let's think about how to handle pressure when it arises.
- Spend a few minutes discussing strategies someone can use when they receive pressure, then write down the main points from your discussion.
- Choose a spokesperson to share your responses with the rest of us.

When groups have finished, have them share their lists. Create one large list on the board/chart paper.

If participants do not identify the following, add

- Try to anticipate pressure and get prepared for it
- Stay calm—use strategies like taking deep breaths
- Communicate assertively
- If necessary, leave the situation
- Focus on your goal(s)
- Think about consequences that could occur if you give in to pressure
- If someone wants you to change a decision you have already made, remind yourself of the reasons why you made the decision
- Identify supportive people who can help you stand firm.

Pass out "Standing On Your Decision Scenarios" from the Facilitator Resource, one per group.

Share

- Let's look at some scenarios.
- In each one, a character has made a decision for themselves.
- However, someone is pressuring them to change their decision.
- Read the scenario, then discuss what advice you would give the character.
- Choose a spokesperson to share this advice with the rest of us.

Give groups time to discuss, then have them share a summary of the situation and their advice with the large group.

R

After each group shares their advice, ask

- Is there anything you would add to this group's advice?
- What could happen if this person does not stand firm on their decision?

D/A

Pass out blank paper and markers/colored pencils/crayons to each group.

Show participants where the following topics are listed on the board/chart paper

- Values, Decision-Making, Goal-Setting, Peer Pressure, Communication, Handling Emotions



Share

- Each of these topics is related to decision-making and standing on decisions.
- Spend a few minutes discussing how these topics connect, then create a song, rap, poem, or illustration of how they fit together.

Give groups time to prepare, then have them share what they created with the large group.

After each presentation, ask

- What stands out to you about what this group did?

After all presentations, ask

- What will you take away from this activity?
- How can we support one another with decision-making and pressure?

+ Extension goes here

Extension

Using a *Journal Reflection*, ask

- What part of standing on a decision is most difficult for you?
- Can you think of examples of when you gave into pressure? What happened?
- Can you think of examples of when you stood on a decision? What happened?
- What advice do you want to give yourself moving forward?



FACILITATOR TIP



Consider playing music while participants work.

Standing On A Decision Scenarios

Instructions

- Change names or details as appropriate for your group.
- Choose scenarios your participants will identify with.
- As necessary, create additional scenarios relevant to participants in your community.



James has been friends with Henry since they were kids. Lately, Henry has some new friends and is getting into stuff that James worries will lead to trouble. Right after James decides to put some space between himself and Henry, Henry invites James over for his birthday. James says "No, thanks," but Henry says it won't be right to spend his birthday without James. James doesn't want to disappoint Henry.

Lisa just got a job at a gas station. The open shift was for 8 pm – midnight, which means being there alone at night. A couple of nights, some crazy stuff has happened in the parking lot. Lisa doesn't feel safe and decides it's best to get another job. When Lisa tells the manager, the manager says "I just hired you! I really need you. I can't find anyone else. Please stay a little bit longer. I'm sure you will start to feel more comfortable."

Amit and Colin have smoked marijuana together a few times. After the last time, Amit decided he didn't want to do it anymore and told Colin he was done. Colin still smokes around Amit and says things like "You're more fun when you're high" and "I can't wait for you to change your mind and start smoking again."

Tiffany works at a small grocery store in the neighborhood. Lately, Tiffany's friend, Bryce, has been coming in and lifting some food, asking Tiffany to look the other way. Tiffany went along with it a couple times, then decided to tell Bryce it couldn't happen anymore. Bryce got upset and said, "It's not fair to change your mind. Why are you doing this to me? Besides, we've never gotten caught. Don't be so uptight."



Carl received an offer for a great summer internship with an accounting company. He knows he is great with numbers, and he's excited to see what accounting is like and if it might be something he wants to pursue. Most of Carl's friends have summer jobs at an amusement park. When Carl told them about his internship, instead of being happy for him, they started pressuring him to turn it down and work with them at the park. They've been saying things like "It's our last summer to work together, you can't miss it" and "Don't be in such a hurry to grow up."

Ryan and Dakota have been dating for a few months. Early on, they talked about sex and decided they both wanted to wait. A couple weeks ago, Dakota asked Ryan if they were ready. Ryan hated to disappoint Dakota but answered honestly with "I'm not ready. I still want to wait." Ever since, Dakota has been making suggestive comments and telling Ryan about other couples who are having sex. Ryan is feeling pressured and uncomfortable about the whole situation.

Mia studied hard for her social studies test. Before the test, her friend Eva told her she didn't study and was going to go home sick. She asked Mia to sneak screenshots of the test and send them to her so she could be ready to take the test tomorrow. When Mia said "no," Eva got upset and said "Do you want me to fail the test, Mia? Why won't you help me?" As Mia started to walk into the classroom, Eva whispered "I'm out of here. Just send me pic's, please, okay? Thanks, Mia."

Mark is at a party with some friends. It's fun at first, but in the last hour it's started to feel out of control. It's getting really loud, and Mark is seeing some hard drugs being passed around. Mark decides it's time to get out of there, but when he goes to leave, his friends stop him and try to talk him into staying.



Nina is hanging out with some friends, just listening to music and relaxing. One of her friends announces that she knows how to make their afternoon more exciting and gets out a prescription bottle. Nina has no interest in taking pills and says so. Her friends start to pressure her, saying things like “It would be so fun to all take some.” and “How do you know you don’t want to if you’ve never tried?”

Jamal has had a car for awhile. His friend Brianna just got one, and she keeps asking him if he wants to race. Every time she asks, Jamal says “no,” but Brianna keeps talking about it. She’s started telling other people she thinks Jamal is scared to race her. Jamal is starting to think about whether he should just have one race with her to get her to be quiet.

Some of Raheem’s friends are skipping school tomorrow. Raheem has never skipped—he just doesn’t feel comfortable with it. Raheem has told his friends he’s not interested, but they won’t leave him alone about it.

Shawn has a big test tomorrow. Earlier, when a friend texted that people were meeting up at the park, Shawn replied “No park tonight for me. Studying. Have to pass this test.” Shawn just sat down to start studying and getting focused when friends started texting, telling Shawn to come hang out and forget the test for an hour. Shawn is feeling frustrated and upset—it’s hard enough to focus without getting distracting texts and pictures every minute.