

## DECIDE Model example

### SCENARIO:

One of your goals this year is to "step out of your shell" to meet more people, make more friends. This week, a new acquaintance sends you an invitation to be friends on Facebook. You know this new acquaintance hangs out with the "wrong" crowd at school, a group of students who always seem to be getting into trouble and who have a bad reputation of saying hurtful things about other students on Facebook. At the same time, this new girl is pretty popular, has a lot of respect and is greatly admired among her circle of friends, and this could be your first chance to fit in. Fill out the DECIDE model, and come to your conclusion. Points for this activity do not depend on a correct choice, but rather on your ability to weigh out the issue and make the best possible decision for yourself and your health. Now, complete the activity.

### **D** Define the problem/issue:

The issue is to decide whether or not to accept the invitation to be friends with the popular girl on Facebook.

### **E** Explore the alternatives or options. What are your choices, given these circumstances?

1. Confirm the request to be friends.
2. Ignore the request to be friends.
3. Talk to my parents about the situation before accepting or ignoring the request.
4. Talk to my friends about the situation before accepting or ignoring the request.
5. Talk to the popular girl before accepting or ignoring the request.

### **C** Consider the Consequences. What are the pros and cons for each option?

Pro:

1. We will become friends through Facebook and start hanging out.
2. I will not get involved with the negative talk on the popular girl's Facebook.
3. My parents help me make a positive decision.
4. My friends help me make a positive decision.
5. I find out that the popular girl really wants to be my friend.

Con:

1. The popular girl writes hurtful things about my friends and me on Facebook.
2. The popular girl continues to send me requests and stops me in the school's hallway to ask why I have not confirmed her as a friend on Facebook.
3. My parents make the decision for me to ignore the request.
4. My friends become mad with me since I am thinking about becoming friends with someone who causes trouble.
5. When talking to the popular girl, she laughs at me, turns and walks away.

**I** Identify your values. What is most important to you, and how do these options fit your beliefs?

1. Respect-I will be polite and kind to my friends and all people that I meet. Being respectful means that I will not say hurtful things about other people.
2. Responsibility-I am responsible for making positive decisions and have to accept the consequences when I do not make a good choice.
3. Compassion-I will treat others kindly. I will not talk negatively about other people.

**D** Decide and take action:

I choose to ignore the request to be friends on Facebook. I do not want to be associated with someone who says hurtful things about people or makes negative choices that get herself in trouble at school.

**E** Evaluate and revise:

I made the right decision not to be friends with the popular girl as she continues to write hurtful things on Facebook and is constantly getting in trouble at school. I am so glad that I made a decision that follows my values.

Comments:

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