

## TEACHER RESOURCES: DECISION-MAKING

Use the following scenarios to guide students in understanding how a young person can apply the “4 Cs” of decision-making to situations they might encounter while social distancing or navigating the impact of COVID-19 on their personal and academic lives. Examples are provided.

### Scenario 1:

My best friend, Monica, turns 16 on Friday and I really want to celebrate with her. She asked if a few of us wanted to come over to watch a movie and have pizza but I’m not sure I’ll be allowed to go. I know we’re supposed to be social distancing because of COVID-19 but she only turns 16 once! I think my mom will be working a night shift on Friday anyways, so maybe she won’t notice if I go.

#### 1. Consider:

- a. I could go to Monica’s house for pizza and a movie
- b. I could stay home and not celebrate because we are supposed to be social distancing
- c. I could suggest a different way to celebrate that follows social distancing rules

#### 2. Compare:

- a. Going to Monica’s house would be the most fun option, but could also put us, our families, and other folks in our communities at risk of getting COVID. I also could get in trouble if my mom found out I wasn’t social distancing.
- b. Staying home is the safest choice but I would miss out on the celebration. Everyone would have fun without me. I don’t want Monica thinking that I don’t care about her or her birthday.
- c. I’m not sure if Monica would be open to other ideas but I could try to suggest we watch a movie on Netflix party instead. I could also bike to her house and sing happy birthday to her from outside to show I care. It won’t be as fun but this way I could celebrate with her and keep the people we care about safe.

#### 3. Check-in with yourself:

- a. I’m so sick of the COVID-19 pandemic. I want to celebrate with Monica but I also want to make sure our families are safe. My mom also has been really tired and stressed lately so I don’t want to make that worse for her.

#### 4. Choose!

- a. I guess I’ll see if Monica wants to try the Netflix party idea. This way more of our friends can join too.

# PEER HEALTH EXCHANGE

## Scenario 2:

Since COVID-19 started, my dad got laid off from his job so my mom and I have had to take extra hours at the grocery store. I still have assignments due for school and am struggling to keep up with everything.

### 1. Consider:

- a. A lot of my friends are dealing with this right now so I just have to suck it up and keep going. This can't last forever
- b. I could stop working or stop doing some of my school assignments because it's too much
- c. I could talk to my parents and to my teachers to see if they can help

### 2. Compare:

- a. It's too much to handle and I think I will start to feel worse if I keep going at this pace
- b. My family needs the money and I don't want bad grades in my classes because I have to start thinking about college. I don't know which one to stop
- c. I'm not sure how they can help but asking can't really hurt

### 3. Check-in with yourself:

- a. I don't think I can continue like this but don't know what to cut back on. I want to support my family and be ready for college applications but I'm not sure how to do it all.

### 4. Choose!

- a. I think it makes most sense to talk to my parents and my teachers about my options. I can learn from my teachers what I need to do to be most successful and see if the deadlines can shift at all. And maybe my family can help me figure out a better schedule and ways to rest.