

FAMILY ACTIVITY

AGES 12-14

"Making Choices"

Helping your child to make responsible and reasonable choices is an important task for parents who want this child to be a self-reliant and respectable adult. Developing decision-making skills occurs over time and with practice in a safe and supportive environment and within a trusting relationship.

Materials needed:

- none needed

Directions:

1. While traveling, shopping, or relaxing at home, pose situations which require some problem-solving and a decision.
2. Pose as many acceptable solutions as everyone can think of for each situation.
3. Each participant can pick one solution as the best choice and give an explanation to justify that choice.
4. Some examples for consideration:
 - Your best friend wants to try a cigarette he found. He says you're not really his friend unless you smoke it with him. What do you do?
 - It's 9:30 pm and you've just remembered you have a homework assignment due tomorrow and you forgot to do it. Your bedtime is at 9:30 pm. What do you do?
 - You want to take piano lessons but your family cannot afford to buy a piano but are willing to pay for your lessons. What could you do?
 - You are at the mall and you see someone put an item from a store under her coat and walk out. What should you do?