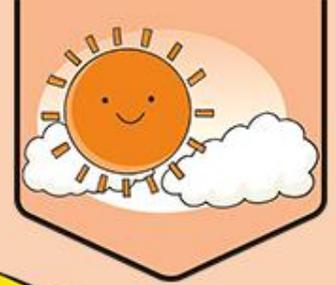


# Choices and Consequences



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What sorts of decisions and choices do we have to make in life?

How can making good choices make us happy?



# Daily Decisions

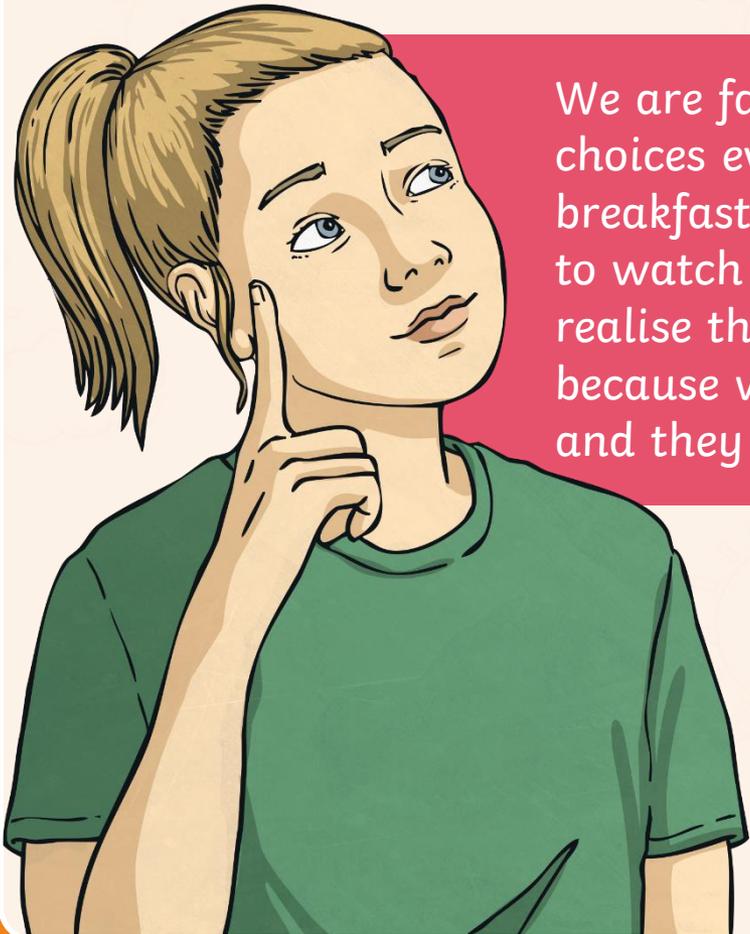
You might not have stopped to think about it, but we make hundreds of decisions each and every day. Have a think now about the little decisions you have to make on a regular basis and jot them down on your paper.

Give yourself two minutes to think of as many as you can!



# Daily Decisions

Share your ideas with an adult.



We are faced with so many seemingly insignificant choices every day, such as what to have for breakfast, who to play with at playtime and what to watch on TV after school. We often don't even realise that we have made decisions about things, because we didn't have to give them much thought and they certainly didn't trouble us in any way.

But what about those trickier choices we have to make?

# Difficult Decisions

Some choices we face can be pretty challenging, causing us to worry about making the right decision.

Talk to an adult about difficult decisions you have had to make, or decisions you can imagine would be difficult for a person to make.

Remember, we are all different, and what might seem like an easy decision for one person to make, could be a difficult decision for another person.



# Difficult Decisions

Part of growing up is learning to make good choices and make your own decisions about things.

Let's take a look at the type of decisions that you might have to face in the near future.



# Difficult Decisions

- You are trying to save up for some new trainers, but you have been invited to the cinema with your friends. Should you spend your money or continue to save it?
- You have taken a really funny video of one of your friends falling over. Should you share it on a social media site, for all your other friends to see?
- Your friend has asked if they can borrow your tablet over the weekend. Should you let them use it or not?
- It's Friday and you have been set homework to hand in on Monday. You would like to chill out tonight, but you have a busy weekend planned. When should you do your homework?
- You have visited a few secondary schools and need to decide which one to go to. Two of them are close by. One seems to do all your favourite subjects, but the other is the one your best friend is going to go to.

# Making an Informed Choice

As you grow up and become more independent, you will have more important decisions to make.

Sometimes the idea of making the 'right' decision can feel rather overwhelming, so getting help from others and getting all the information about the different choices can really help.

Having more **information** means you can make what is called an **informed** choice.

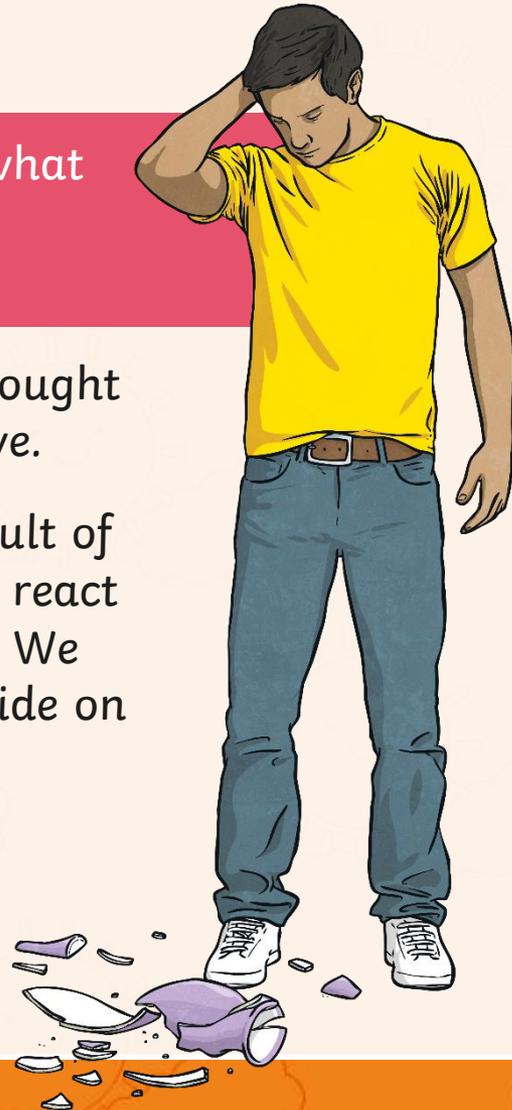


# Making an Informed Choice

Every day, we have choices to make about what we do, what we say and how we respond to different situations.

One of the things we need to give a lot of thought to is the **consequences** of each choice we have.

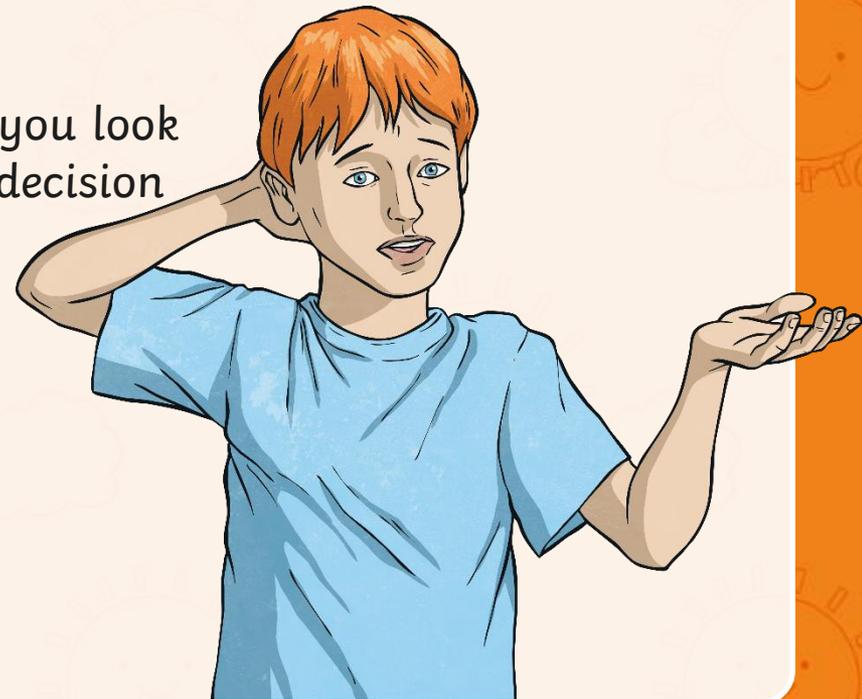
**Consequences** are what will happen as a result of our decision. What we do or say, or how we react to a situation, will impact on us and others. We need to consider this impact, in order to decide on the best choice to make.



# Making an Informed Choice

Making an informed choice can often mean thinking about the following:

- Are there laws or rules I need to consider?
- What is the right thing to do morally?
- Could anyone be hurt or upset by this decision?
- Am I making a safe choice?
- Might I regret this decision? Why?
- What would... do? (think of someone you look up to and respect and consider what decision they would make in this situation).



# What Choices Do They Have?



Meet Beth. She is in Year 6 and has recently moved to a new house, in a new area. She has also joined a new school and is finding it hard to make new friends.

One child in the class invites her to come along to karate after school with him. Beth has never tried karate – in fact, she isn't very keen on any sport.

What choices does Beth have in this situation?

How could she get more information to help her decide what to do?

What might the consequences of her decisions be?

# What Choices Do They Have?

Meet Husham. He is getting picked on by a group of boys in the other Year 6 class. They tease him and call him names, steal his bag and run off with it and sometimes push and shove him.

What choices does Husham have in this situation?

How could he get more information to help him decide what to do?

What might the consequences of his decisions be?



# What Choices Do They Have?



Meet Fran. At the local supermarket, Fran's friend has just put some batteries in their pocket, for their X-Box controller, without paying for them.

What choices does Fran have in this situation?

How could they get more information to help them decide what to do?

What might the consequences of their decisions be?

# Decision-Making Trees

Let's think back to the children we met earlier and the situations they were in. Each of them had different choices they could make about their situations.

Use one of the examples to fill in the information on your **Decision-Making Tree Activity Sheet**.

**Decision-Making Tree**

Pick a problem and write it in the Problem box, on the roots of your tree. Then go on to think about the choices that are an option in this scenario. Jot some down on your decision-making tree. For each choice, consider the consequence and write those in the boxes. For each of these, consider the feelings that will be triggered and who can help. At the top of the tree show which decision you have made, having looked at different choices and the related consequences, by writing it in the Decision box.

Decision	
Consequences	Consequences
Choices	Choices
Problem	

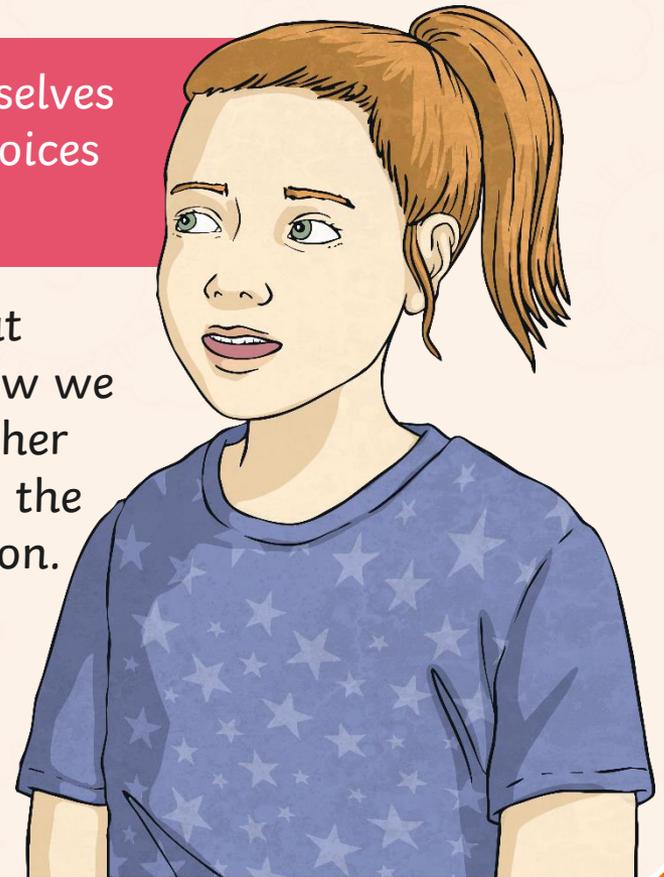
You will need to consider all the choices and the possible consequences of each choice.

# A Happy Outcome

Ultimately, when we make a decision about our actions or behaviours, we want a happy outcome.

Considering the impact of our decisions on ourselves and others can help us make good choices – choices that will lead to a positive outcome.

It is also important to remember, however, that making a not-so-good choice is OK, too. It's how we learn. Seeing the impact of our decisions, whether good or bad, can help us make a good decision the next time we find ourselves in a similar situation.



# A Happy Outcome

So, to get the best results when it comes to making good choices:

- Consider all the choices you have in the situation.
- Ask yourself if you have had to make this sort of decision before.
- Think through each option you have and what the likely consequences (impacts) would be on you and other people.
- Ask for help or advice with important or difficult decisions; others might have experience of the situation, or might have suggestions you had not thought of.
- Try not to regret decisions you make, even if they don't have a positive outcome; learn from your mistake and use it to improve your decision-making skills in the future!



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How can making good choices make us happy?

