

GROW YOUR PALS PROGRAM GUIDE



THE NATIONAL FFA MENTORING PROGRAM

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ACTIVITY

1.14

Safe Decisions

Unit:
TEAMWORK

PRECEPTS

G Physical Growth

G3. Participate in a fitness program

NATIONAL STANDARDS

CS.02.01.02.a. Describe the benefits, risks and opportunities associated with being physically fit.

NL-ENG.K-12.12 – Applying Language Skills

NS.5-8.6 – Science in Personal and Social Perspectives

STUDENT LEARNING OBJECTIVES

As a result of this lesson, the student will ...

- List the steps in the decision-making process.
- Make decisions based on safety.





TIME

Instruction time for this lesson: **30 minutes.**



NUMBER OF STUDENTS

From a pair of students to an entire class



TOOLS, EQUIPMENT AND SUPPLIES



- Invite highway patrol or local police/sheriff out to demonstrate the importance of wearing a seat belt. -OR- Locate a video on the web discussing seat belt safety. Be sure to preview the video before showing it to your PALS to make sure it is a good example.

DESCRIPTION



Teach your PALS the steps in the decision-making process. Use the process to teach your PALS about making good decisions based on personal safety. Utilize common situations your PALS might find themselves in and the safe decisions they can make.

DIRECTIONS

1. *Create a discussion about making decisions.*



Tell me about a decision you have made today.

Was that an easy or hard decision to make?

What did you base your decision on?

2. *Talk with your PALS' teacher and see if there is a decision-making process used at school. If not, you can use the one described below.*



We make all kinds of decisions every day. Many of those decisions, such as brushing our teeth, come naturally to us. We decide what to eat for breakfast and what to wear to school. However, sometimes we have to make a really important decision. When that happens, using the decision-making process below helps make it easier.

1. Define the problem.
2. List the potential solutions.
3. Determine the risks and benefits of each solution.
4. Make a decision.
5. Evaluate the results.

3. *Try out the decision-making process using an example most students can relate to, such as wearing a seat belt.*



Let's try out the decision-making process. For a simple example, let's decide whether or not we are going to wear a seat belt in the car.

What is the problem we are trying to solve? *If we should wear our seatbelt.*

What are the potential solutions? *Wearing the seat belt or not wearing the seat belt.*

What are the risks of not wearing the seat belt? *Getting injured in an accident.*

What are the benefits of not wearing the seat belt? *Perhaps it is more comfortable or it does not wrinkle our clothes.*

What decision will you make? Why?

Did you wear a seat belt the last time you were in a car? What were the results of that?

4. *Utilize the video you located, or have the highway patrol/local police/sheriff come to the school and give a demonstration on the importance of wearing a seat belt. Be sure to thank them appropriately for their time.*



Let's take a close look at what could happen if you would chose not to wear a seat belt in the car.

5. Discuss how they can also help others around them make good decisions.



You have the ability to make good, safe decisions for yourself, and you can help others make good decisions as well.

The next time you get in a car, what decision will you make about wearing your seat belt?

What would you do if you noticed someone else not wearing their seat belt?

How would you describe to them the importance of wearing a seat belt?

6. Conclude today's activity by using the connection questions below.

CONNECTION QUESTIONS

Discuss with your PALS the following questions:

1. What are the steps in the decision-making process?
2. What are the risks and benefits associated with wearing your seat belt?
3. How will you share this information with other people you know?

WRAP UP



Our life is filled with decisions. Some we make automatically; others we need to take time to carefully compare the risks and benefits and make a sound decision, especially those decisions that can affect our safety.