HIGH SCHOOL  
LESSON II  
DECISION MAKING/PROBLEM SOLVING

Objectives  
Students will  
- Use problem-solving steps to solve problems and make decisions  
- Understand that one must be proactive and learn to make decisions and solve problems  
- Identify possible results of impaired decision-making on sexual behavior  
- List commonly used specific drugs and their potential effects on behavior  
- Discuss reasons teens use drugs in a social situation

Concepts  
1. The problem solving approach will assist students in making responsible decisions.  
2. Realize that self-concept is an important factor in making responsible decisions.  
3. Drugs, including alcohol, affect the brain’s decision-making abilities.  
4. Drugs affect the body systems (stimulate, depress, lower inhibitions)  
5. Rohypnol is used to lower the inhibitions of young ladies causing impaired judgement, impaired motor skills, and amnesia. Many young women have reported waking up in unfamiliar surroundings and having been sexually assaulted while under the influence of the drug.

Materials  
- “Just Say No” pamphlets may be obtained from the Department of Health and Human Services, Alcohol, Drug Abuse, and Mental Health Administrations. Separate pamphlets included: inhalants, marijuana, cocaine, hallucinogens, sedatives, alcohol and stimulants.  
- Video Abstinence by Choice: Emotional Choices: Not Just a Body (19 minutes)  
- Activity Sheet “A Responsible Student’s Approach to Problem Solving and Decision Making.”

Activity Choices  
1. Discuss with the students the elements that go into making responsible decisions and solutions.  
2. Write the steps in the problem solving approach on chalkboard or flip chart.  
3. Have students simulate the following situation:  
   A. One student has completed his/her health homework. A friend goes to the movies and does not take time to complete the assigned work. The friend asks to copy the homework in order not to receive a zero.  
   B. Have students apply the problem-solving approach to this situation.  
   C. Use some of the issues from the video, and use the problem solving steps to come up with solutions.
4. Have students brainstorm a list of ideas for enhancing self-concept. For example, how might studying hard to get good grades, striving to perfect a skill, or helping someone who is ill, enhance one’s self-concept?

5. Explain the short term and long term effects of commonly used drugs such as marijuana, alcohol, cocaine, and barbiturates.

6. Explain that beer is a form of alcohol and that it is often not considered potentially dangerous. One can of beer contains the same amount of alcohol as a glass of wine or shot of whiskey. It is a potentially addictive and a powerful drug.

7. Describe the overall effects of drugs in terms of lowering levels of inhibition, changes in reflexes, impairment of judgement, and changes in one’s ability to make decisions. (include rohypnol, ecstasy). How could these effect decisions about sexual activity?

8. Small group work on specific, commonly misused drugs, and their effects.

9. Use magazine ads to demonstrate how the media tries to use sex to influence consumers. Alcoholic beverage ads can be used as examples of incorrect messages sent by the media to consumers about the topic of drinking and sexuality.


11. Exceptional Education Inclusion Activity
   A. Role-play situations for the problem solving approach.
   B. Simplify some of the language in the problem solving approach.
      1. What are my choices?
      2. What are the good and the bad that could come from these choices?
      3. Make a choice and do it.
      4. What is the problem?
      5. Was it the best choice?
   C. Have students make a list of things they do well.
   D. For writing activities, group students with written language difficulties with students who can write for the group.

Vocabulary
1. hallucinogens
2. sedative/hypnotics
3. inhalants
4. stimulants
5. rohypnol (date rape drug)
6. ecstasy or MDMA
A RESPONSIBLE STUDENT’S APPROACH TO PROBLEM SOLVING AND DECISION MAKING

Directions: Read the following scenario. Apply the problem solving approach and criteria for responsible decision making to this situation.

You and your date go to a party given by some students you do not know well. When you get to the party, you learn that there are a variety of drugs such as alcohol, marijuana, and cocaine available. You know your parents would prefer that you not attend parties with these drugs. Your date says, “As long as we don’t use drugs, what harm is there in staying?”

1. Identify the problem.

2. Identify ways to deal with the problem.

3. Apply criteria for responsible decision making to each alternative.

4. What are the possible consequences of each alternative?

5. Make a responsible decision and act upon it.

6. Evaluate actions.