



Does Smoking Make Good Sense?

Decision Making Steps

1. *Identify the problem*
2. *List the information you need to solve the problem*
3. *Evaluate the information (weighing the pros and cons) then make a decision that's best for you.*
4. *Plan to implement your decision. (How do you stick to your decision?)*

Situation: Once a week, after band practice, your Aunt Rachel picks you up from school. She's always smoking in her car and by the time you get home your clothes and hair smell smoky. Even your books smell bad. Sometimes you feel lightheaded and are coughing in the car. There's no other way for you to get home on these days. What could you do?

Identify the problem:

List the information you need to solve the problem:

Evaluate the information (weighing the pros and cons) then make a decision that's best for you:

Plan to implement your decision. (How do you stick to your decision?)
