

Topic: Personal Safety and Injury Prevention

Steps to Follow	Explanation of Each Step	Example Decision Making Sample
Step 1	Identify the problem <ul style="list-style-type: none"> • What's going on? • Is there a problem? • How am I feeling? 	
Step 2	List options/choices giving pros and cons for each <ul style="list-style-type: none"> • What are the consequences for each choice? • Workable? • Is the choice safe? Fair? • How do I feel about the choices? • How will people feel about the choice/solution? 	
Step 3	Evaluate all options/choices <ul style="list-style-type: none"> • Which option/choice do I think is the best one to follow? 	

Step 4	Make a decision	
Step 5	Act – Follow through	
Step 6	Reflect on the decision <ul style="list-style-type: none">• What happened?• What did I learn?• What would I do next time?	