



The Seven Project is a multimedia, speaker-driven school assembly. The Seven Project Assemblies entertain and captivate audiences all across the United States. Seven addresses real-life issues and situations students face every day. The Seven Project Discussion Guides culminate the Seven Project experience by creating intensified discussions about student life.

The activities and discussions in these guides are designed for use in single classroom settings or as entire school or community-wide campaigns. The Seven Project offers these guides as tools for use at the discretion of local school educators and administrators in part or entirety. The Seven Project and your school: *building students' hope...one issue at a time.*

CHOICES

For Grades 6-12. Major and minor decisions can be tackled with similar strategies. Students will be equipped with decision-making skills and the knowledge that their choices shape not only today but the future, as well.

Objectives:

- Develop awareness of the importance of choices and decision-making.
- Empower students with decision-making life skills.

Materials Needed:

- Copies of the *Making the Choice* and *Making Right Choices* for every student.

Discussion:

- 1) What did you like best about The Seven Project School Assembly today?
- 2) What issues/messages from The Seven Project School Assembly stood out to you the most? Why?
 - *Transition: *"In our classroom time today, (principal's name) and I felt it was important that we follow-up on one of the topics: choices, since this is something we deal with at our school."*
- 3) Do you remember the video, Choices Gone Wild, from the assembly? What blooper stands out in your mind?
 - *Distribute **Making the Choice**. Have students read the list of decisions and statistics under "FYI."
- 4) Does anything about these statistics surprise you? Would they be higher or lower for our school?
 - *Have students take the **Making the Choice** quiz. Display the total "yes" and "no" answers.
- 5) Did any of the results surprise you? Which question surprised you least? Why? Which question surprised you most? Why?
- 6) Do your choices today impact your future? How?
- 7) What are some examples of good and bad everyday choices?
- 8) What causes people to make wrong or poor choices?
- 9) How do we know when a choice is right or wrong?
- 10) What has helped you make some decisions in the past?
 - *Distribute **Making Right Choices**.

**Extensions and Adaptations:**

- Role Playing: have students offer everyday scenarios in when a choice must be made. Divide students into groups. Have students pick a favorite movie and act out the scenario as the movie characters.

Online Resources:

Health Teacher
www.healthteacher.com

Virtual Salt
www.virtualsalt.com

Relevant National Standards

McREL establishes the following National Standards at www.mcrel.org

Thinking and Reasoning

- Understands and applies basic principles of logic and reasoning.
- Applies basic trouble-shooting and problem-solving techniques
- Applies decision making techniques

Life Skills

- Working with others: Contributes to the overall effort of a group
- Working with others: Displays effective interpersonal communications skills

Language Arts – Listening and Speaking

- Demonstrates competence in speaking and listening as tools
- Students will use descriptive language that clarifies and enhances ideas
- Students will use a variety of sentence structure to express expanded ideas



Making the Choice

“One’s philosophy is not best expressed in words. It is expressed in the choices one makes. In the long run, we shape our lives and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our responsibility.” —Eleanor Roosevelt

Every day is filled with choices:

What you wear	What you eat
How you talk	What kind of friends you have
Who you date	Where you hang out
Whether or not to respect authority	Whether or not to break the law
Whether or not to drink or do drugs	What kind of friend you are
Your work ethic	Whether or not your word is good

FYI...For Your Information

54% of middle schoolers and 70% of high schoolers have cheated on a test in school at least once: *Josephson Institute of Ethics, “The Ethics of American Youth,” 2000.*

24% of middle schoolers and 31 % of high schoolers have stolen something from a parent at least once: *Josephson Institute of Ethics, “The Ethics of American Youth,” 2000.*

31% of middle schoolers and 47% of high schoolers have stolen something from a store at least once: *Josephson Institute of Ethics, “The Ethics of American Youth,” 2000.*

31% of middle schoolers and 45% of high schoolers say a person has to lie or cheat in order to succeed: *Josephson Institute of Ethics, “The Ethics of American Youth,” 2000.*

Do not put your name on this paper. Take this quiz. Answer each question.

1. Have you ever cheated on a test?	Yes	No
2. Have you ever stolen from a parent?	Yes	No
3. Have you ever stolen from a store?	Yes	No
4. Have you lied or not told the truth in the last month?	Yes	No
5. Have you made fun of someone in the past month?	Yes	No
6. Have you blamed others for your shortcomings or mistakes?	Yes	No
7. Have you lost your temper in the last week?	Yes	No
8. Have you ever tried alcohol?	Yes	No
9. Have you ever used illegal drugs?	Yes	No
10. Have you ever just quit on a project?	Yes	No



Making Right Choices

Make good choices:

Make a commitment to making good choices

Know your values.

Talk issues and beliefs over with parents, your clergy, a teacher, or other trusted adults. What makes those values right or wrong? Set goals and dreams.

- What do you want to do or become?
- What is required to get there?
- Set a plan for reaching your goal
- Reward yourself when you accomplish steps toward your goal
- Keep watching your progress
- Evaluate. How are you progressing? Change your plan, if necessary.

Clearly understand the problem or choice you are facing.

Include the facts of a situation as well as the feelings of those directly involved. *How does this choice relate to the goals and dreams for your life? How does this choice fit with your values and beliefs?*

Develop at least 3 possible choices.

There can be numerous ways to solve the problems we face. Take time get all the information you can, including talking with others (parents and other trusted adults) and getting their input.

Think about the positive and negative consequences of each option.

Ask yourself: *What are my responsibilities to my parents? What are my feelings about each option? Which one scares me? What are the short-term and long-term consequences?*

List how each option affects others.

Describe your emotions, feelings and how your values and beliefs fit into each option.

Make the call.

After looking over your options you must make a choice.

Make a plan to carry out your decision.

Example: *Jeff has decided not to be involved with alcohol and drugs. He wants to be the best student and athlete he can be. Jeff is invited to a party where drugs and alcohol might be present. Jeff can decide in advance to politely not accept the invitation politely or ask several other friends with similar values, beliefs and commitments to go the party together to keep each other accountable.*

Review your choice.

How did it work out? Was there anything that happened you did not think about before? What would you do differently?