HAVING A SAY IN DECISIONS THAT AFFECT YOU

LEARNING ABOUT DECISIONS:

What is a decision?
A DECISION is the choice of **one** option from among **two or more** options.

Every day you make a decision about what to wear. For example, if you chose the t-shirt, that is the decision.

There are three things to think about when looking at a decision:

1. **THE REASON** – the basis or explanation for the decision. So, if you chose the t-shirt, the reason might be that it is hot outside.

2. **THE PROCESS** – the information used to make the decision, the people involved and not involved, the steps along the way towards making the decision. The process might be checking the temperature.

3. **YOUR ROLE** – the part you play anywhere in the process for making the decision. For example, you make the decision, someone else makes the decision and you give your opinion, you give information, you accept or challenge the decision. Your role in choosing what to wear is that you made the decision.

Sometimes other people make decisions that affect you.
If a decision is being made that affects you, it is important to ask questions about that decision.

ASKING QUESTIONS ABOUT DECISIONS:

1. Name a decision that affects you. Write it down here.

2. Ask questions about this decision using these four rules:
... Ask as many questions as you can about the decision.
... Do not stop to try to answer, judge, or discuss the questions.
... Write each question exactly as it comes to mind.
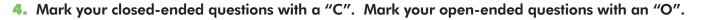... Change any thoughts or statements into questions.

Which of these rules might be difficult for you to follow? Why?

Write your questions here:

3. **Looking at two kinds of questions:**

Closed-ended questions – can be answered with **"yes"** or **"no"** or with one word.

Open-ended questions – require an explanation.

> **CLOSED**
> often begin with "is"
> "does" "can" and "are"

> **OPEN**
> often begin with "why"
> "how" and "what"

4. **Mark your closed-ended questions with a "C". Mark your open-ended questions with an "O".**

5. **Practice changing questions.**

Try changing a *closed* question into an *open*-ended one. Then, change an *open* question to *closed*.

6. **Find questions about reason, process, and role.**

If you don't have one, you can come up with one and add it to the list.

... One question that will help you learn about the **REASON(S)** for the decision.

... One question that will help you learn about the **PROCESS** for making the decision.

... One question that will help you learn about your **ROLE** in the decision.

7. **Let's think about what you learned in this process.**

WHAT DID YOU LEARN?	HOW CAN YOU USE WHAT YOU LEARNED?

This process is called the Voice in Decisions Technique (VIDT). It is used by people all over the world to ask better questions about decisions that affect them. Now, it is yours to use whenever you like!

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