

DECISIONS & CONSEQUENCES

You make decisions every day: what clothes to wear, what music to listen to, what to eat. You probably don't put a lot of thought into most of your decisions because they don't seem very important.

However, some decisions that are made without much thought are important, and they can impact your life for a long time—possibly forever. That's why you need to stop and think before you act.

With all that teens have to deal with today, it can be hard to always make the right choice or decision. But often, taking just a few seconds to consider what you're about to do can keep you from doing something you will regret.

When you're in a situation that requires you to make a fast decision, ask yourself:

1. Is this the right thing to do?
2. Is this a safe thing to do?
3. Will I feel good about myself if I do this?

If the answer to any of these questions is *no*, then more than likely, what you are about to do will have negative consequences for you and others. *It's time to take a step back and reconsider.*



It's hard to consider consequences in high-pressure situations.

The excitement of a situation and/or pressure from peers can sometimes drive young people to act without considering the consequences. This is why taking a few seconds to ask yourself the three questions is so important.

Consequences can be costly.

One bad decision can get you into trouble with your family, school, or boss. It can cause you to lose a friendship, relationship, college admission, scholarship, job, and even your freedom or your life.

Hurting someone, getting seriously hurt yourself, or getting into legal trouble are all real consequences to bad decisions. *It's just not worth it.*

When you're in the heat of the moment and are considering doing something you know isn't a good idea, think about your dreams, goals, and values—and about what you want out of life. Think about something you're looking forward to and consider how this decision might impact that.

If a decision could get you in trouble, or be one you might regret, then you know what you should do.