Chapter 14 CogSkill 5, Judgment — Talk about perspectives, values, and choices

# Options Game, Part I

(see Part II for the list of options)

### How to play the Options Game

- Choose a dilemma from the list, or make up your own scenario.
- Ask: What are some good options?
- Other players suggest at least three plausible options.
- Discuss the options together, and pick a good one.
- Together, act out the scenario with the chosen option. Have fun play-acting. Ham it up!

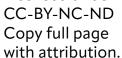
#### **Dilemmas**

Your friends are jaywalking across the street instead of using the crosswalk		
People are drinking at the party		
You're invited to a birthday party, but you'd rather not go		
Someone offers you drugs at the concert		
Your boyfriend/girlfriend wants to kiss/go further/have sex		
Someone's cheating off your test at school		
Your friend is making rude jokes about a teacher		
Your friend has bruises and won't tell you why		
A friend wants help with their homework		
Your friend is doing drugs		
Someone made a mean video about another kid at school		
The designated driver has been drinking		
You saw someone shoplifting at the store		
You friend asked if you like her new (terrible) haircut		
You want to see a movie, but can only access a pirated version		
Your friend is passed out at a party, and you don't know why		

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# **Options Game, Part II**

(see Part I for dilemmas and instructions)

## You Always Have Options!

Go along with it	Get a trusted adult involved
Do nothing	Call a helpline
Ask for advice	Find an alternative
Maybe later	Call 911
Say no	Wait and see
Confront a friend	Your own creative solution

### How to say "no"

- No.
- I'm not comfortable with that
- I'm not into that stuff
- Not today
- [shrug] I do my own thing
- Oops, mom's texting, gotta go

#### How to confront a friend

- I care about you, and that's not healthy
- You're my friend but that's too risky
- Hey man, that's not cool
- I gotta be honest—that's not a good idea
- I'd rather piss you off, than see you hurt

with attribution.

• How can I help you?

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