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PBH 645  
3 Week Unit Sketch

### **The DECIDE model: A guide to better health related decision making**

**I:** The content included in this unit plan reflects the goal for students to be able to understand all the components of the DECIDE model. This will allow them to apply it directly to their personal decision making skills. Students will begin the unit with gaining knowledge related to tobacco and smoking given their age, population and demographic in society. Activities such as the jigsaw and self assessment will be great ways for the students to be introduced to this info. Students will be heavily focused on the skill basis and application of utilizing the DECIDE model for this unit. Students will be first asked to learn the DECIDE model components and be shown scenarios on how this model is applied and how it can be used effectively. Once this progression has been shown students will continue working on the skill of decision making with mock scenarios to apply their skills and personal situations where they can use this skill application directly. All content around this skill will be touched upon in the unit such as evaluating influences, short/long term risks, choosing alternatives and completing a self assessment at the end to view individual progress throughout the 3 week timeframe.

**ii:** The purpose of this unit plan is to give students the tools and skill in order to make effective decisions. In this unit plan specifically we look at making decisions related to tobacco use. Improving the skill of decision making can translate to improvement in any area of life when applied correctly. Decision making is a key tool for individuals to develop in order to promote positive health in their life. This unit plan incorporates many teaching strategies that are effective. Starting off with a self assessment allows students to view areas that personally affect them within the content area and give them opportunity to see progress in the final reflection. Another effective strategy that was used was journaling, this strategy involves students documenting specific ideas and the ability to re-evaluate certain concepts around the content area. Another instructional strategy that was focused on was collaborative work. Think, pair, share activities were very effective in getting students to be social and work together while exploring different ideas and receiving feedback. These activities

allowed for students to hear different perspectives and almost create a flipped classroom. Students giving other students feedback demonstrates great understanding of the skill concept. This unit is 3 weeks in length and will focus on beginning with content knowledge of tobacco and the skill. As the unit progresses skill application is presented at a gradual rate so students have the skills strongly understood before being asked to apply towards mock scenarios or real life situations. I hope to see students take better routes towards their decision making and apply this model in the future when making health related decisions. Giving students the tools and background knowledge to make informed decisions that directly affect their health is crucial. I hope to see improvement by all students in their decision making process. Their progress will be evaluated through their journaling, collaborative activities and final assessment. This unit is a great standard to set in the classroom as this unit can build upon other areas and skills taught in the class throughout the year.

**iii:** This unit plan sketch is focused on decision making related to tobacco. The target age group for this unit is grades 9-12th. I believe this unit will be effective in students with any prior form of tobacco use, whether they don't know what it is or have used before. Building on content knowledge with direct instruction and than practicing skills learned through other instructional strategies are a great way to develop life long decision making skills. This unit plan prepares students to meet all grade level standards according to the NYS Guidance document and many other standards listed from the NHES and NYSHE. Overall, this unit plan aims to develop students in their decision making skills and get them to meet these required standards to improve overall health.