Making the Best Choice

Step 1 Need

What decision has to be made?

Step 2 Information

What do you know? What do you need to find out?

Step 3 Choice

What choices are available?

Step 4 Consequences

What are the good and not so good things about each choice?

Step 5 Decision

Which choice is the best? Why is this choice the best?

Step 6 Evaluation

Was that the best decision? Would you make a different choice?

We have discussed the effects of certain snacks on your teeth and body. You want to bring a healthier snack to school for recess. Make a list of snacks you would like your parents to buy at the store.

Why did you choose these?

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You eat your lunch at school. You are not able to brush your teeth after lunch.

What choices can you make to try to prevent cavities and gingivitis?

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You have not been to the dentist for a long time. What will the dentist look for with the mirror?

Make a list of questions you have for the dentist.

You are walking home from school. Your friend pulls out a cigarette that she took from her mother. She lights the cigarette and offers you a smoke.

What do you say?

You look in the mirror you notice your teeth are covered in plaque and your gums are red.

What choice do you make? Why?

You have joined a sports team. Your dentist suggests you wear a mouthguard to protect your teeth while you play. None of the other players are wearing a mouth guard.

What do you do?