

Week 4

Why Making Decisions is Important

YOUTH AMBASSADOR CURRICULUM

WEEK 4: WHY MAKING DECISIONS IS IMPORTANT



Artwork courtesy of Gabby Melnick with Sangha Unity Network

Icebreaker—

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Homework Discussion

Last week's Assignment:

- Spend 5 minutes looking around your area and write down 5-10 labels you see that describe something
- Report back to the group on those labels and explain how they made you feel
- Which best describes you and why?



Learning Objectives



Explain why it is important to make your own decisions



Know what can happen when other people make decisions for you



Making hard decisions—strategies and how to get advice while still making the decision yourself

Words for the Week

Decision maker

Research

Reliable Sources

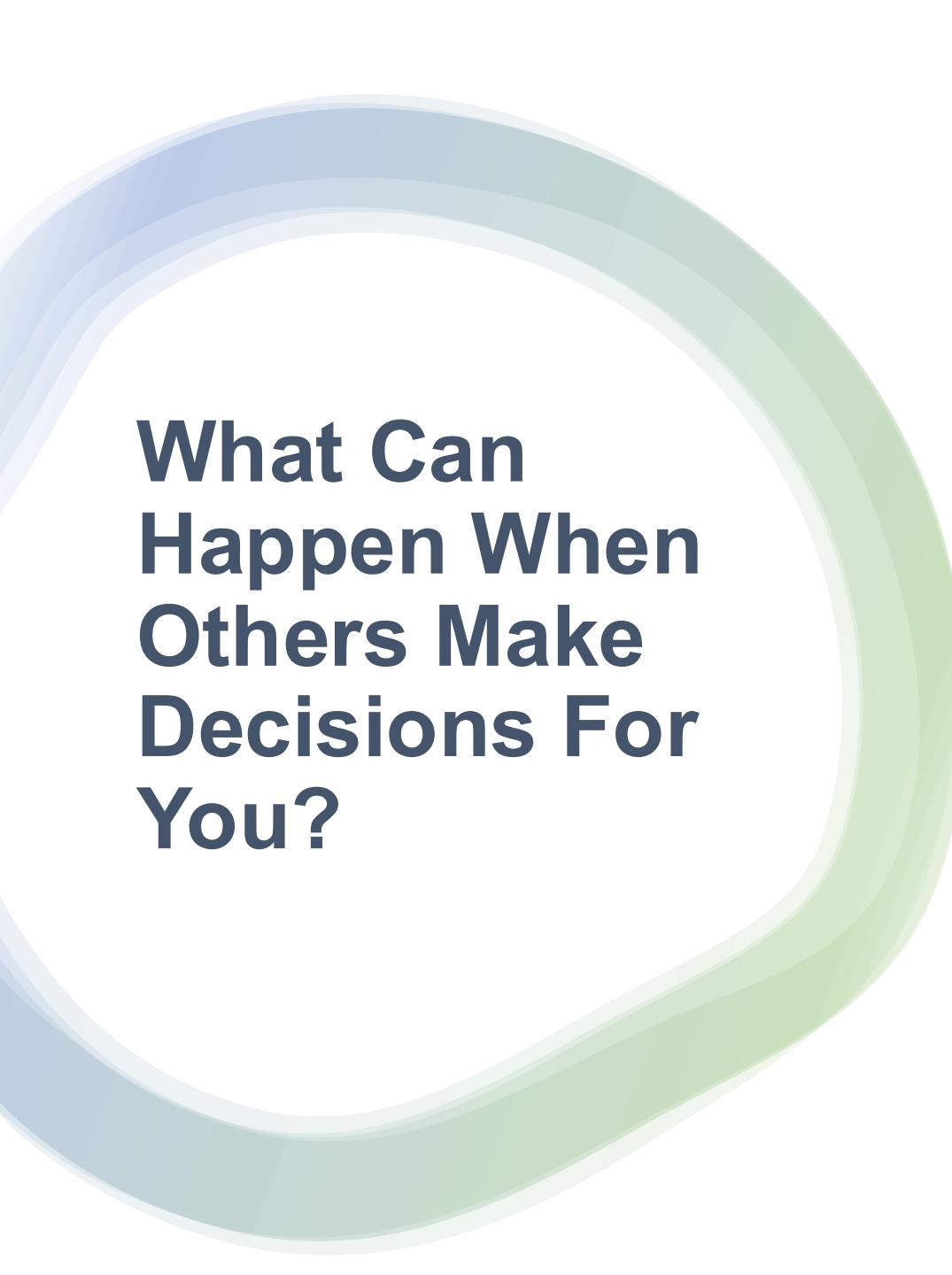
Subject matter professionals

Why is Decision- Making Important?

Being seen as a decision-maker is important to who you are

The decisions you make shape the life you live

It is important for you to make your own decisions and tell people what you want for your life



What Can Happen When Others Make Decisions For You?

- Things can go wrong!
 - Other people may misunderstand what you are asking for
 - Things may not be done the way you want them to be
 - People can even make decisions about your life that you don't agree with
- One famous example of this is Britney Spears
 - Her father was her guardian and had full control over her personal and professional life
 - He made decisions for her that she didn't agree with
 - Britney didn't even have a say over who her guardian was

How Do Disability and Decision- Making Relate to Each Other?

- Some folks don't think that people with disabilities are able to make their own decisions
- They think people with disabilities don't have the mindset or the skills to make their own decisions
- This can happen at the doctor's office, team meetings, school, or anywhere else.

How To Make Decisions in These Situations

No one knows your mind or your goals better than you

If you are part of a group making a decision about you, it is your voice that's most important

Stand up and tell the group what you want and demand they take you seriously

Explain your stance on the decision and remind the group that it's your life and your choice

Learn the power of the word "No"

Getting Help Making Decisions

- If I want to be a decision-maker, does that mean I have to make all my decision entirely on my own?
 - No!
- There are big decisions in everyone's lives where it's a good idea to get outside advice and/or research. This can include decisions about:
 - Major purchases (house, car, etc.)
 - Relationships
 - Healthcare
 - Really anything you're feeling unsure about or would like a second opinion on

How to Get Help Making Hard Decisions

Be sure to get advice from people you trust and who have your best interests at heart

If you're researching a certain subject, be sure to get your information from reliable sources and subject-matter professionals

In Review

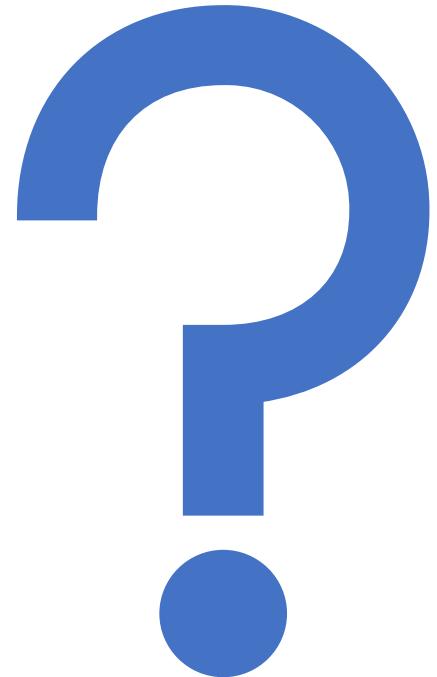
- Being seen as a decision-maker in your life is important to who you are
- When others make decisions for you, it may not be what you want
- People may doubt and underestimate you and your decision-making based on your disability, but you have the right and the ability to make decisions about your own life
- It's ok to get help and advice making decisions

Small Group Discussion

What important decisions have you made?

How did you make it?
Did you get help?

How would you feel if someone made it for you?



Any questions?

About

The Center is a project of the Institute for Community Inclusion at UMass Boston (ICI) in partnership with:

- Center for Public Representation (CPR)
- Self Advocates Becoming Empowered (SABE)
- Human Services Research Institute (HSRI)

in consultation with experts from:

- Harvard Law School Project on Disability
- Georgia Advocacy Office

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The content of this document does not necessarily represent the policy of ACL or HHS.

For more information

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