

# Indigenous Peoples' MONEY AND YOUTH



## Caregiver's Guide

### Module 4 - Decision-Making

# Caregiver's Guide – Indigenous Peoples' Money and Youth

## Module 4 – Decision-Making

### Why is this important?

As teenagers transition into adulthood, they are faced with many important decisions. These choices will have lasting effects on their lives, influencing their career paths, life goals, social circles, and overall lifestyle. How they make these decisions will play a crucial role in their future success. As caregivers, we naturally want the best for them, but we cannot make these decisions for them. Instead, we must focus on nurturing their ability to make thoughtful and responsible decisions as they mature.

By doing so, we equip them with the tools necessary to navigate complex choices. Some of these teachings may have already begun, rooted in your culture and traditions. Together, these influences guide our children as they learn and grow, shaping them into responsible adults capable of making informed decisions.

#### Think About It



**How do you go about making decisions? Are you aware of any steps or process you use to try and make good decisions? What were you taught about decision making?**



## Ways to engage young people and fun things to do:

1. Use the following modified poker chip activity presented by the Florida Department of Education (<http://www.fldoe.org/core/fileparse.php/7531/urlt/informed-decision-making.pdf>) to introduce a discussion on decision-making.

- Fill a clear plastic bag with poker chips or any other small piece of plastic etc. You can mark them with \$10, \$50 and \$100.
- Tell the young person that he or she can reach into the bag, take one chip at a time, and place it in front of them.
- Indicate that he or she will have 30 seconds to complete this.
- Once the 30 seconds are up, put the chips to the side and explain that you forgot to mention that white chips are worth \$10, red \$50 and blue \$100.
- With this new information, allow the young person to repeat the task and then compare the value of the two stacks.
- The second stack should be worth more.
- Follow this up with a discussion about decision-making and how having the necessary information is important in order to make the best decision. Use your traditional teachings to explain in another way.

1. Ask the young person to imagine that they just won \$5,000. Ask them what they would do with it and then ask them to explain what decision-making process they used in order to come to that course of action. This can be followed by a discussion outlining a good decision-making process.
2. Ask them to relate to you a decision that they made that they now regret and ask them to explain why. Follow this with a discussion about making good decisions.
3. Select a problem, challenge or situation that you think would interest your daughter or son and then ask them to help you brainstorm possible resolutions. Once this is done discuss each option with them and have them use their current problem-solving skills to select the best option. Then engage them in a conversation about what the important elements of a good decision-making process are. Again please use any stories or teachings that might best relate in decision making.

## **Additional Background and Related Websites and Resources:**

- “Before You Decide: 3 Steps to Better Decision Making” by Matthew Confer - TEDxOakLawn - <https://youtu.be/d7Jnmi2BkS8?si=FCp5T02bihB87Yng>
- 7 Step Decision-making Model - <https://www.umassd.edu/fycm/decisionmaking/process/>
- Brainstorming (Mind mapping) - <http://www.mindmapping.com/>