



Making thoughtful decisions is one of the building blocks of becoming a leader. Whether you're babysitting, preparing to become a lifeguard, or just hanging out with friends, it's important to think about the consequences of your decisions before you make them. Use the **FIND** decision-making model to help you decide what to do.

Step 1: Figure out the problem.

- What do you have to decide?
- Make sure you focus on the exact problem that is causing trouble.

Step 2: Identify solutions.

- What are your choices?
- Think about all the possible ways you could solve the problem.

Step 3: Name the pros and cons of each choice.

- Think about the pros and cons of each way to solve the problem.

Step 4: Decide which is the best choice, then act on it.

- Decide which is the best solution.

The ability to make good decisions takes a lot of practice. The Red Cross has programs specially designed to help young people develop and practice decision-making skills.