

Development of the FACE Decision-Making Model for Youth Health Education

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Introduction

- Health education programs that emphasize skill development, in addition to learning knowledge and attitudes, increase healthy behaviours.¹
- Students develop skills when they actively participate in their own learning.¹
- DECYDE (Drug Education Centred on Youth Decision Empowerment) is an education strategy developed by the Cannabis Health Evaluation and Research Partnership (CHERP) team.
- The purpose of this research was to develop a decision-making model for grade 4-12 to help students think critically about decisions surrounding substance use and their overall health.

Objectives

- 1 To identify and evaluate existing decision-making models for youth that incorporate social and emotional learning
- 2 To adopt or create a developmentally appropriate decision-making model for elementary-aged youth

Methods

Literature Review

- An environment scan using Pubmed and broader internet searching of existing decision-making models for youth that incorporate social and emotional learning was conducted.
- Decision-model constructs and decision-making theories were extracted and comparison was done across models.

Development of Model

- No model fully captured the social emotional learning and therefore a novel model was created integrating core elements identified in the literature review.

Engagement

- Through an iterative process, stakeholders, youth, educators, and experts reviewed and provided insight into finalizing the model.

Literature Review

Social Emotional Learning

- When confronted with a decision, youth may experience new feelings or emotions.²
- Feelings, emotions, and physiological responses can be a cue that there is a decision to be made.²
- Confusing emotions may occur when presented with a decision.²

Responsible Decision-Making

- Responsible decision-making is the ability to critically think about a decision, while also considering the effect that it will have on oneself and those around you.³
- Decision-making model constructs often include: 1) identification of the problem, 2) examination of the problem, 3) listing of possible solutions to the problem, 4) anticipation and consideration of the consequences of each solution, and reflection on the outcome.⁴

Interpersonal Communication

- Effective communication skills are crucial when expressing a decision to other people.⁵

Reflection

- Reflecting on outcomes of a decision allows youth to consider what their next steps are and how they would react in a similar situation in the future.²

Results

FACE Decision-Making Model



Knowledge Translation and Evaluation

Use FACE in the DECIDE lesson plans as a decision-making approach.

Pilot FACE in classrooms and collect feedback from teachers and students

Modify FACE so that it is developmentally appropriate for intermediate and secondary students

Application of the FACE model to a scenario created for Grade 4 Health Education:

Jack leaves his classroom to go to the washroom. As he enters, Jack notices a strong, fruity smell. He realizes that there are 3 other students in the corner vaping.

Jack begins to wonder what it might feel like to vape and if he might fit in better if he joined them. He just had an argument with one of his friends and was feeling angry and lonely. What would you do if you were in Jack's situation?

Use the FACE Decision-Making Model to help you decide.

FEEL

1. How would I feel in this situation?
2. Why would I feel this way?
3. When have I felt like this before?

ASSESS

1. What are my choices?
2. How could this choice affect me and others?

CHOOSE

1. What is the safest choice I can make?

EVALUATE

1. How would my choice impact myself or others?
2. Who would I talk to about the choice I made and how I was feeling about it?

Limitations and Conclusions

A systematic literature review was not conducted so it is possible that some relevant literature was missed.

While this model had important implications in substance use education, it has applications more broadly in other areas of decision making.

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