

## Responsible Decision-Making: Overview

**RESPONSIBLE DECISION-MAKING: *The ability to make caring and constructive choices about personal behavior and social interactions across diverse situations.***

Responsible Decision-Making impacts every aspect of our lives including our ability to consider ethical standards, safety issues, and evaluate benefits and consequences of various actions for personal, social, and collective well-being. The goal is to build a strong sense within the decision-making process with confidence. Choices allow for growth opportunities, by minimizing impulsive decisions, reflecting on the natural consequences (social awareness), considering alternate paths to a successful solution, considering personal motivations and being willing to accept responsibility when a course of action needs to be corrected.

Such as:

- Demonstrate curiosity and open-mindedness
- Identify solutions for personal and social problems
- Learn to make a reasoned judgment after analyzing information, data, and facts
- Anticipate and evaluate the consequences of one's actions
- Recognize how critical thinking skills are useful both inside & outside of school
- Reflect on one's role to promote personal, family, and community well-being
- Evaluate personal, interpersonal, community, and institutional impacts






























*“Watch your thoughts, they become words;  
watch your words, they become actions;  
watch your actions, they become habits;  
watch your habits, they become character;  
watch your character, for it becomes your destiny.”*

*--Frank Outlaw*













# Responsible Decision-Making: Strategies & Tools

For Parents & Professionals	For Parents of Young Children	For School
 <p><a href="#">Responsible Decision-Making at Home</a> Video by PBS</p>	 <p><a href="#">Building Character</a> Online Toolkit by PBS</p>	 <p><a href="#">Help Students Make Good Decisions</a> Article by Edutopia</p>
 <p><a href="#">7 Tips for Raising Caring Kids</a> Article by Harvard</p>	 <p><a href="#">Problem Solve Song: Daniel Tiger</a> Video by PBS</p>	 <p><a href="#">Decision Matrix</a> Article by American Society of Quality</p>
 <p><a href="#">Responsible Decision-Making</a> Video by PBS</p>	 <p><a href="#">We'll Solve the Problem Together Song</a> Video by PBS</p>	 <p><a href="#">How Schools Can Make Better Decisions</a> Article by Edutopia</p>
 <p><a href="#">Decision Making Resources</a> Video List by PBS</p>	 <p><a href="#">Encouraging Curiosity</a> Article by PBS</p>	 <p><a href="#">Decision Matrix</a> Printable by Edutopia</p>
 <p><a href="#">Social Problem-Solving Resources</a> Video List by PBS</p>	 <p><a href="#">Volunteering: I'll Do It</a> Printable by Sesame Street</p>	 <p><a href="#">Decision Making is a Life Science</a> Article by Edutopia</p>
 <p><a href="#">Contributing to Community Wellbeing</a> Video List by PBS</p>	 <p><a href="#">Fix the Problem Yourself Song: Daniel Tiger</a> Video by PBS</p>	 <p><a href="#">How School Leaders Can Frame Tough Decisions</a> Article by Edutopia</p>
 <p><a href="#">Tips for Encouraging Honesty</a> Article &amp; Video by Harvard</p>	 <p><a href="#">Helping Hands</a> Printable by Sesame Street</p>	 <p><a href="#">11 Principals for Cultivating Character</a> Article by Character.org</p>
 <p><a href="#">How to Be an Ethical Parent in the College Admissions Process</a> Article by Harvard</p>	 <p><a href="#">Little Neighbors</a> Video by Sesame Street</p>	
 <p><a href="#">Responsibility &amp; Your Military Connected Child</a> Article by MCEC</p>	 <p><a href="#">Good Neighbors Don't Give Up</a> Video by Sesame Street</p>	
 <p><a href="#">Helping Your Teen Develop Independency Skills</a> Article by MCEC</p>	 <p><a href="#">Good Neighbors Are Compassionate</a> Video by Sesame Street</p>	



# Responsible Decision-Making: Strategies & Tools

For Parents & Professionals	For Parents of Young Children	For School
 <p><a href="#"><u>7 C's of Resilience</u></a> Article by MCEC</p>	 <p><a href="#"><u>Good Neighbors Stay Safe</u></a> Video by Sesame Street</p>	
	 <p><a href="#"><u>Being A Good Neighbor</u></a> Video by Sesame Street</p>	
	 <p><a href="#"><u>Good Neighbors Volunteer</u></a> Video by Sesame Street</p>	
	 <p><a href="#"><u>Good Neighbors Care for the Earth</u></a> Video by Sesame Street</p>	
	 <p><a href="#"><u>Activity Book</u></a> Printable by Sesame Street</p>	
	 <p><a href="#"><u>9 C's of Citizenship</u></a> Article by Sesame Street</p>	
	 <p><a href="#"><u>Staying Safe</u></a> Article by Sesame Street</p>	
	 <p><a href="#"><u>Taking Care of Our Earth</u></a> Printable by Sesame Street</p>	
	 <p><a href="#"><u>C is for Caring</u></a> Printable by Sesame Street</p>	

## Responsible Decision-Making: Strategies & Tools

### References:

Brading, T. (2020, September 30). *Holistic health added to Army Fitness doctrine*. U.S. Army. <https://www.army.mil>

Cozza, S. J., Knobloch, L. K., Gewirtz, A. H., DeVoe, E. R., Gorman, L. A., Flake, E. M., ... & Lerner, R. M. (2018). Lessons learned and future recommendations for conducting research with military children and families. In Hughes- Kirchubel, L., Wadsworth, S., Riggs, D. (eds.), *A battle plan for supporting military families* (pp. 265-287). Springer, Cham. <https://10.1007/978-3-319-68984-5>

Doran. (n.d.). There's a S.M.A.R.T. way to write management's goals and objectives. *Management Review*, 70(11), 35–36.

<https://doi.org/info:doi/>

Drigas, A. S., & Papoutsis, C. (2018). A new layered model on emotional intelligence. *Behavioral Sciences (Basel, Switzerland)*, 8(5), 45.

<https://doi.org/10.3390/bs8050045>

Goleman D.P. (1995). *Emotional intelligence: Why it can matter more than IQ for character, health and lifelong achievement*. Bantam Books.

Gribble, R., Mahar, A. L., Keeling, M., Sullivan, K., McKeown, S., Burchill, S., ... & Castro, C. A. (2020). Are we family? A scoping review of how military families are defined in mental health and substance use research. *Journal of Military, Veteran and Family Health*, 6(2), 85-119.

<https://doi.org/10.3138/jmvfh-2019-0054>

Hughes-Kirchubel, L., Wadsworth, S.M. (2018). Introduction to a battle plan for supporting military families. In Hughes- Kirchubel, L., Wadsworth, S., Riggs, D. (eds.), *A battle plan for supporting military families* (pp. 1-10). Springer, Cham. [https://doi.org/10.1007/978-3-319-68984-5\\_1](https://doi.org/10.1007/978-3-319-68984-5_1)

Klug, H. J. P., & Maier, G. W. (2015). Linking goal progress and subjective well-being: A meta-analysis. *Journal of Happiness Studies: An Interdisciplinary Forum on Subjective Well-Being*, 16(1), 37-65. <https://doi.org/10.1007/s10902-013-9493-0>



## Responsible Decision-Making: Strategies & Tools

- Masten, A. S. (2018). Resilience theory and research on children and families: Past, present, and promise. *Journal of Family Theory & Review*, 10(1), 12-31. <https://doi.org/10.1111/jftr.12255>
- Masten, A. S. (2021). MULTISYSTEM RESILIENCE: PATHWAYS TO AN INTEGRATED FRAMEWORK. *Research in Human Development*, 18(3), 153-163. <https://doi.org/10.1080/15427609.2021.1958604> .
- Maybery, D. J., Goodyear, M. J., Reupert, A. E., & Harkness, M. K. (2013). Goal setting within family care planning: families with complex needs. *The Medical journal of Australia*, 199(3), S37–S39. <https://doi.org/10.5694/mja11.11179>
- Mullet, N., Fuss, C., Lyddon, L., Mondloch, D., Neal, S., Nelson Goff, B. S., ... & Ruhlmann, L. M. (2021). Finding our new normal: A 10-year follow-up study with US Army veterans and their spouses. *Journal of Couple & Relationship Therapy*, 1-25. <https://doi.org/10.1080/15332691.2021.1945986>
- Office of the Surgeon General (OSG). (2021). *Protecting youth mental health: The U.S. Surgeon General's Advisory*. US Department of Health and Human Services. <https://www.ncbi.nlm.nih.gov/books/NBK575984/>
- Pexton, S., Farrants, J., & Yule, W. (2018). The impact of fathers' military deployment on child adjustment. The support needs of primary school children and their families separated during active military service: A pilot study. *Clinical Child Psychology and Psychiatry*, 23(1), 110–124. <https://doi.org/10.1177/1359104517724494>
- Siegel, D. J., & Bryson, P. H. D. T. P. (2012). *The whole-brain child*. Random House. <http://dx.doi.org/10.1111/camh.12053> 6
- Sigelman, C. K., Friedman, S. L., & Kildon, J. (2019). Communication, context, and well-being among military couples. *Military Behavioral Health*, 7(4), 363-375. <https://doi.org/10.1080/21635781.2019.1646173>



## Responsible Decision-Making: Strategies & Tools

Sullivan, R. M., Cozza, S. J., & Dougherty, J. G. (2019). Children of military families. *Child and adolescent psychiatric clinics of North America*, 28(3), 337–348. <https://doi.org/10.1016/j.chc.2019.02.004>

Theiss, J. A. (2018). Family communication and resilience. *Journal of Applied Communication Research*, 46(1), 10-13.  
<https://doi.org/10.1080/00909882.2018.1426706>