

Problem-Solving Pre-Planning

To avoid problems before they begin, we can train our brains to think ahead. That way we recognize anti-social traps that we can avoid. “Pre-Problem Solving” skills give us practice. They help us recognize the negative consequences that could result from bad choices, and say “no.” You can develop these pre-problem solving skills by using the “P-OK-E & C” steps below.

Briefly describe the behavior (eg "Drink Alcohol") What will happen? (eg "could get arrested, parents will not trust me, damages my brain"). Use the P-OK-E test. Consider the negative consequences if you did it. Ask for others’ advice.

Questionable Behavior	P-OK-E it: In what ways does it fail?	Consequences	Call it like it is:
			☐ Anti-social ☐ Pro-social
			☐ Anti-social ☐ Pro-social
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			☐ Anti-social ☐ Pro-social

P-OK-E test:
P = Part Illegal, Immoral, Unkind or Unethical?
OK = Is it OKay with my parents, the public, and the police?
E = If Everyone did it to me, would I like it?

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