

# Accepting Decisions of Authority

## Suggested Role-Plays

- 1.** Your team will play the state's top-ranked team on Saturday. Friends and family from out of town are coming to see you play. Two days before the game, your coach catches you goofing off during practice and suspends you from the team. You won't be able to play in the big game. You think the coach's decision is too harsh and that you deserve to play on Saturday. Using the steps of the skill, show how you would accept the decision but also let the coach know you disagree.
- 2.** Your parents ground you for a week because you missed curfew by 30 minutes. You don't think you should be punished at all because car trouble caused you to be late. Show how you would disagree appropriately, but ultimately accept their decision.
- 3.** You ask your parents if you can adopt a dog as a family pet. They say no because you are too young and not responsible enough. Describe how you could advocate for getting a pet while also accepting their decision.
- 4.** Everyone in your history class scores poorly on a unit exam. On Friday, the teacher decides the class needs more instruction, so she gives you homework that includes reading several chapters from the textbook and writing a five-page essay. The assignment is due Monday. Describe reactions or behaviors that are inappropriate or show disrespect to the teacher, and then show how you would appropriately accept her decision.

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## Think Sheet

Name \_\_\_\_\_ Date \_\_\_\_\_

Who are some of the authority figures in your life?

Pick two of the authority figures you identified above and describe why it is important for you to accept their decisions.

If you disagree with an authority figure's decision, what words or actions are okay to say or show?

How can the skill of **Accepting Decisions of Authority** help you at school?

How can the skill of **Accepting Decisions of Authority** help you in sports?

How can the skill of **Accepting Decisions of Authority** help you at home?

# **Accepting Decisions of Authority**

- 1. Look at the person.**
- 2. Remain calm and monitor your feelings and behavior.**
- 3. Use a pleasant or neutral tone of voice.**
- 4. Acknowledge the decision by saying “Okay” or “Yes, I understand.”**
- 5. If you disagree, do so at a later time.**
- 6. Refrain from arguing, pouting or becoming angry.**