

Sorting it out: Supporting Teenage Decision Making

**A BOOK FOR PEOPLE WHO
LIVE OR WORK WITH KIDS**

This science-based guide describes how you can become a confident 'decision mentor.' Learn to support young people in making good decisions for themselves.

Treating decision making as an essential and learnable skill, the six Decision-Maker Moves highlight the power and promise of young people as they shape their lives through the options they choose.

Stories, examples, and practical tips show how decisions can transform problems into opportunities. Each chapter offers common-sense advice on how to talk with teenagers as they weigh the often- conflicting values, emotions, and trade-offs affecting their choices.

We cannot provide young minds with all the answers, but we can support them to navigate life-changing and everyday decisions.

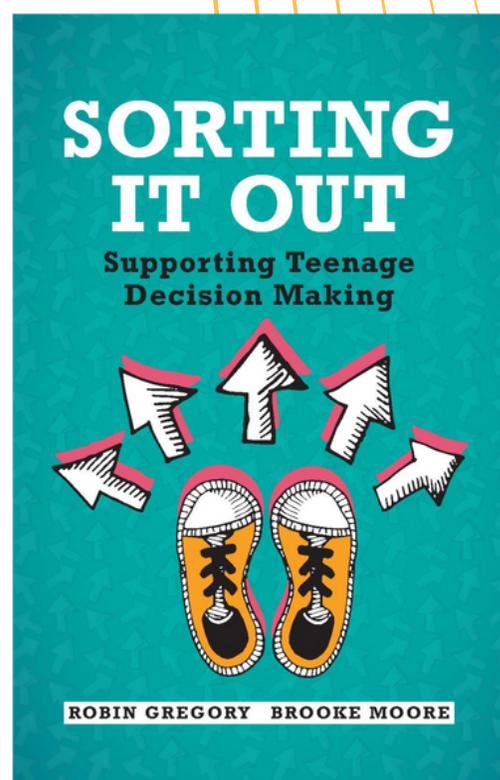


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**NEW BOOK
FROM
CAMBRIDGE
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PRESS**



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ENDORSEMENTS

“A remarkable book. I only wish I’d had it when starting out with my own family. It distils several decades of complex scientific and social research into a format that is both accessible and enjoyable. It makes excellent use of the new knowledge in decision analysis and social psychology that has emerged over the last few decades. Brilliant and well done.”
Mark Burgman, Imperial College London, UK

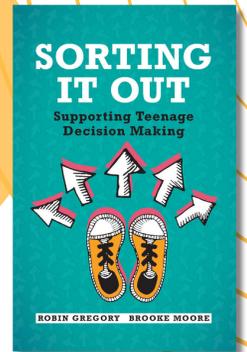
“A valuable resource for anyone who works with young people or wants to help teenagers learn how to make wise decisions for themselves. The decision-maker moves help us understand that making good decisions is a skill we can all learn.” *Jo Chrona, Education Consultant, Canada*

“Robin Gregory and Brooke Moore demonstrate great, and uncommon, faith in adolescents’ ability to make wise life decisions when given proper support from the adults in their lives. They ground that faith in a nuanced reading of scientific research and their own dedicated, inspiring engagement with young people.” *Baruch Fischhoff, Carnegie Mellon University, USA*

“Experienced as a teacher, superintendent, and policy maker, I know how critical decision-making skills are for K-12 students. *Sorting It Out* ... ensures students have strong decision-making skills to act responsibly and with confidence throughout their education and as adults in our complex world.”
Nancy Golden, Former Policy Director for the Governor of Oregon

“The authors provide the tools, language, examples, and resources that adults need to help young people make good – or more informed – decisions. I wish I had this when I was a high school counsellor and the parent of a teenager. Fortunately, we have it now and countless young people will benefit from its wisdom.” *Judy Halbert, University of British Columbia, Canada*

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“This is a deeply thoughtful book. As young people make their way through a public arena polluted by misinformation and partisan anger, there are few personal assets as valuable as the agency and concern for others that emerge from the experience of learning how to make better choices. The Decision Maker Moves are a brilliant gift for young people.”
James Hoggan, author of I'm Right and You're An Idiot

“*Sorting It Out* provides the ideas and techniques that guide teenagers to make good decisions. It is the best gift that you could give any teenager, as their decisions offer them the only purposeful way to influence their lives.”
Ralph L. Keeney, Duke University, USA

“I approached this book as a guide to decision-making but found a framework for teaching young people how to tackle complex problems. This is a rare book that can really help to develop the most foundational knowledge and skills we need.” *Amelia Peterson, The London Interdisciplinary School, UK*

“Through stories, examples, and easily understood explanations, Robin Gregory and Brooke Moore present a series of six clear and logical steps that can help adults guide and advise adolescents in making wise choices, balancing emotion and intuition with thoughtful consideration. The book is packed with wisdom, positive energy, and kindness. It will bring immense benefits, both to adult mentors and to the young people who receive their guidance.” *Nancy Turner, University of Victoria, Canada*

“The quality of one’s decisions determines the quality of their life. This engaging book by a teacher and a decision scientist will help parents, educators, and other mentors set the kids they care about on a path to expanding their choice options and making better decisions throughout their lives.”
Paul Slovic, University of Oregon