

# Challenge Activity

## Unit Title

How We are Affected by Others

## Activity Title

Nudging Teen Decision Making

## Expected Duration

30–45 minutes

**What decisions do teens make that could use improvement? How can “nudges” be used to influence their decisions?**

## Overview

In this challenge activity, you will be examining common decisions made by your peers. After asking classmates about their decision-making processes, you will suggest one or two nudges that can be used to influence their choices.

## What You Need

- **Nudging Teen Decision Making** capture sheet

## What You Do

1. Brainstorm decisions teenagers make that could use improvement. Consider a variety of topics including decisions that influence their health or wellbeing, their finances, how they treat others, or their general happiness.
2. Select one of the decisions as your focus topic. Survey or interview peers to learn more about the choices they make and what influences them.
3. Design a “nudge” that could be used to influence their decisions.
4. Answer the questions on the capture sheet about the issue you are trying to impact and the nudge you propose.
5. Be prepared to discuss your recommendations with the class.

# Nudging Teen Decision Making

## STUDENT CAPTURE SHEET

What decision did you consider?

Why is this a decision that could benefit from a nudge?

How do people currently make this decision?

How could teens be nudged to make a different or better decision?

What concepts from behavioral economics are you applying with this nudge?

Can you implement this change or would someone else need to? If someone else, who can change it and what would they need to do?

What challenges would you expect if you try to implement this change?

What are the potential impacts of many teens being nudged to make this decision?