

GETTING OLDER

As we all get older we take more and more control of our own lives this will include:

- ✚ Choosing where you go and what you do
- ✚ Make your own decisions about your future
- ✚ Make decisions about relationships, your own life and which direction you wish it to take

As you get older and closer to becoming an adult you have more responsibilities towards yourself, family, friends and also the community.



As we grow older we should learn from our experiences and not to make the same mistake twice. Your parents/carer(s) may be able to help, they too were young once and went through everything you go through believe it or not, so don't always ignore what can in the end be very valuable advice based on experience.