

taking control



During your life you will have to make many decisions, whether they are big or small and making the right choice and sticking to your own decision is often very difficult, other people may try to persuade you otherwise, some people young and old will try and pressurise you to change your mind saying no to these people is being assertive and shows that you are getting older and taking responsibility for your decisions and actions.

Other people might ask you to do something that you don't think is right for you, or it is something you may get you in trouble or put you in danger. You may also have to make a decision that someone else doesn't want you to take like keep a secret or report a crime.

It is also wrong for you to make someone feel afraid or frightened, it is very upsetting for that person, or ask them to make a decision that they would not normally take. You should never put anyone under pressure to make such a decision.