

decisionmaking



Remember the following:

You have the right to feel safe

You have the right to feel comfortable with who you are

You have the right to make the choices you think are right

If someone asks you to do something that don't feel right it probably isn't right

You have the right to get help from an adult or someone you trust if you need to

When you need to make decisions or choices you should:

- Take some time and think it through properly and seek advice if necessary
- Don't let anyone pressurise you into doing something you are not comfortable with
- Always think of the possible consequences (what trouble might be caused if you get it wrong)
- When telling someone of your decision be polite but firm, don't get drawn into any arguments or a fight, especially if you do not want to do something
- Always choose your friends carefully, you don't have to bother with others who make you feel unhappy, guilty or puts you in a position you have no control over. These people are not friends; they like to play one person off against another and cause upset.