

Making Decisions: My Rights



I have the right to make my own decisions.

It's important for me to have my voice heard. Making my own decisions means I have a say in how I live my life and helps me become more confident and independent.



I have the right to good support when I make decisions.

I like to get support from people I trust when I make decisions. This could be a family member, a friend, or support worker. Some of my decisions might need more support than others, and that's ok!



I have the right to be listened to and respected about my choices and things I like.

I have my own likes, dislikes, interests and goals, and these might change over time - so don't assume you know what I want or need.



I have the right to make decisions other people might not like or agree with.

Give me information and advice, but don't be pushy or try to change my mind - at the end of the day, it is my choice!



I have the right to make risky decisions and learn from my mistakes.

Trying new things and taking risks helps me learn and grow. Even if I make an unwise decision, it's still a chance for me to learn from my mistakes.

To learn more about making your own decisions, go to www.inclusionaustralia.org.au/make-decisions-real