



True or False

Make Decisions Real

I can make my own decisions.

True: you have the right to make your own decisions.



Make Decisions Real

I deserve good support when I make decisions.

True: you have the right to get good support when you make decisions.



Make Decisions Real

I should be able to get information about making decisions in a way that I understand.

True: you have the right to get accessible information on making decisions, for example in Easy Read or pictures.



Make Decisions Real

I can make decisions that other people might not agree with.

True: some people may not agree with your decisions, that is ok – it is your choice. Make sure to think things through properly and weigh up any risks when making decisions. Ask for help when you need it.



Make Decisions Real

It is important to reflect on my decisions so I can learn from them.

True: it is always good to look back on decisions you have made and think about what you learnt from making the decision. You can ask a support person to help you reflect on your decisions if you want.



Make Decisions Real

It's ok to make mistakes or decisions that don't work out.

True: we all make mistakes, it is part of life. We can learn from our mistakes and do things differently next time.



Make Decisions Real

Decisions are always easy to make.

False: making decisions can be really hard. Sometimes you don't know what you want to do, or you might want 2 things. Talking to people you trust and getting lots of information can help.



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True or False