

# What does helpful support look like when making decisions?

Everyone has the right to make choices in their life, with support if they want or need it.

It's important that you are included in decisions that affect you. The support you want around decision-making should also be respected. Your preferences around how you want to learn information, how you want to be presented with choices, and when you want to make decisions matter. It's all about making choices to live the life that you want.

## Reflect and share

*Take turns with your partner answering the following questions:*

Think about a decision that you have made recently, it can be big or small, what was it?

Did anyone support you in making the decision? If so, who helped you and what did they do to help?

How did you make the decision? (Did you research options online, make a list, get others' opinions)