**Resource sheet 7.3: Making decisions**

Think about these steps to making a decision BEFORE you ACT.

**Ask** questions to find out information.

**Consequences** – think about your choices and what could happen.

**Trust** your feelings and use trusted people and information to make your decision.

A \_ \_

C \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_

T \_ \_ \_ \_

**Take home message:** It is really important that I make decisions to keep myself safe. My choices help me to be the boss of my body.