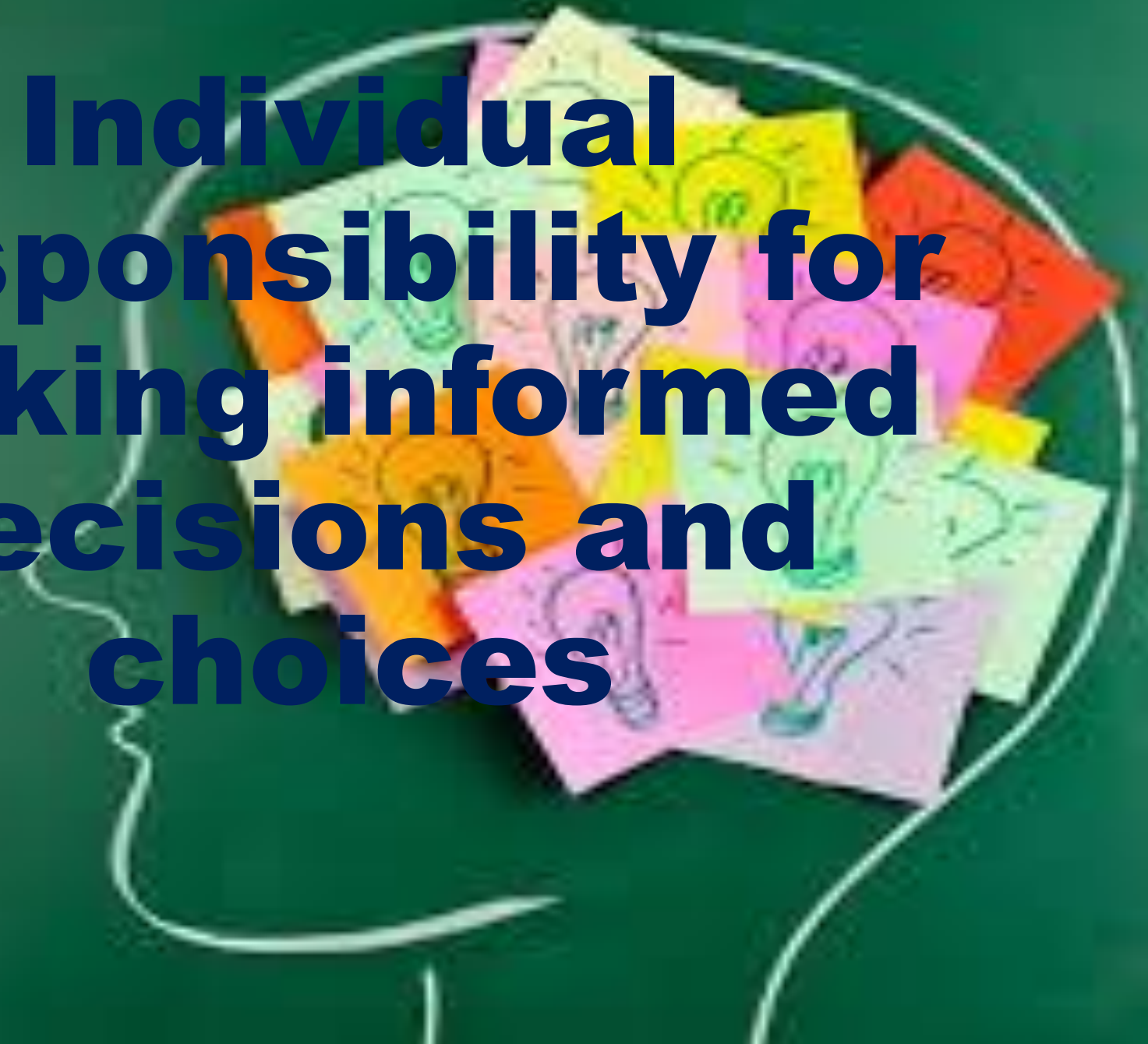


**Individual  
Responsibility for  
making informed  
decisions and  
choices**



# Cope with and overcome barriers regarding behaviour

- You need to take responsibility for making decisions
- You have to make sure that these decisions are well informed and reasonable (and don't harm others)
- It is your decision to make decisions and choices
- Nobody else can make these decisions for you
- This is the first step to help you overcome barriers or obstacles that stop you from behaving in a healthy and responsible way



# Substances that affect decision-making abilities

- Alcohol and drugs affect your ability to make responsible decisions
- This is a huge barrier to decision-making
- Being high on drugs or drunk is no excuse for risk behaviour that harms you and others



# You may choose to let your friends influence you to do drugs (peer pressure)

- ❑ The immediate effects may be that you feel accepted by your friends
- ❑ The day-after effects could be that you feel ill, and lose focus at school and are cross with your friends for getting you into drugs (you may even be arrested and get a criminal record)
- ❑ The long-term effects could be permanent brain damage. This long-term effect may prevent you from achieving your life goals and fulfilling your potential

## **Activity 12: Apply a decision-making method**

1. Identify an important decision about a healthy and balanced lifestyle choice you need to make. You can use the example above or choose your own.
2. Use the decision-making steps to help you to make this important lifestyle decision.
3. Explain your decision to your partner.

# Seek support, advice and assistance

- ❖ Always know there is help available if you need it.
- ❖ You are not alone.
- ❖ Others are there to help you.
- ❖ Look for help, ask for help and take every opportunity to live a healthy and balanced life.
- ❖ The choice is yours, so be responsible and get the help you need.