

# Welcome to Being a Teen

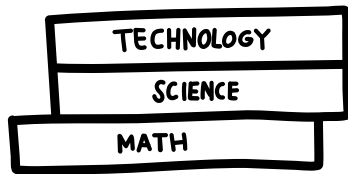
## Decision Making Supports for Teenagers

Becoming a teenager is super exciting! It means you get more freedom and get to discover who you really are. You can make more decisions and take on new challenges that help you grow up.



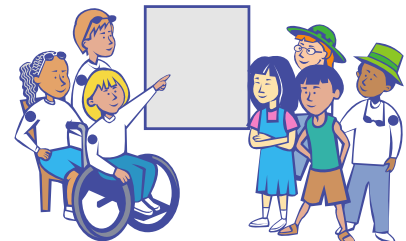
## You can make choices about...

your friends, the classes you take, the activities you do, and even consider work or volunteer jobs.



## You also get to decide...

- how to spend and save money
- the type of clothing you wear
- when you need help and from who
- personal goals
- some medical and mental health care treatments



# We all Ask for Help

When you become a teenager, you have more responsibilities and freedom, which can be a lot to handle. We all need help when making important decisions. Remember, you can learn from mistakes and grow.



## There are many ways to get help.



Asking for help is a sign of strength and can lead to making more informed choices.



- Find resources in books or online.
- Watch a video for information.
- Talk to adults you trust, such as family members, teachers, counselors, and coaches who can give you guidance and support.

## This is called Supported Decision Making.



### You decide!

Supported Decision Making helps you continue a path of independence into adulthood.

- Who you want to help you
- What you want help with
- When you want help