



Pause for a child

Between ages 12 and 18, children want to make more and more of their own decisions.

As hard as it may be to give up some control, it will be easier to loosen your grip if you've taught them how to make good choices.

Share these decision-making steps with them, and include some of your own:

1. Clearly identify the problem or situation for which a decision needs to be made.
2. Make a list of pros (or positive possibilities) if one choice is made over another.
3. Make a list of cons (or negative outcomes) if one choice is made over another.
4. Review the pros and cons list for each possible choice and decide which one looks best on paper.
5. Discuss the options with a trusted adult or someone who has experience with your issue.
6. Determine which choice will lead to the best outcome for you and others.

