

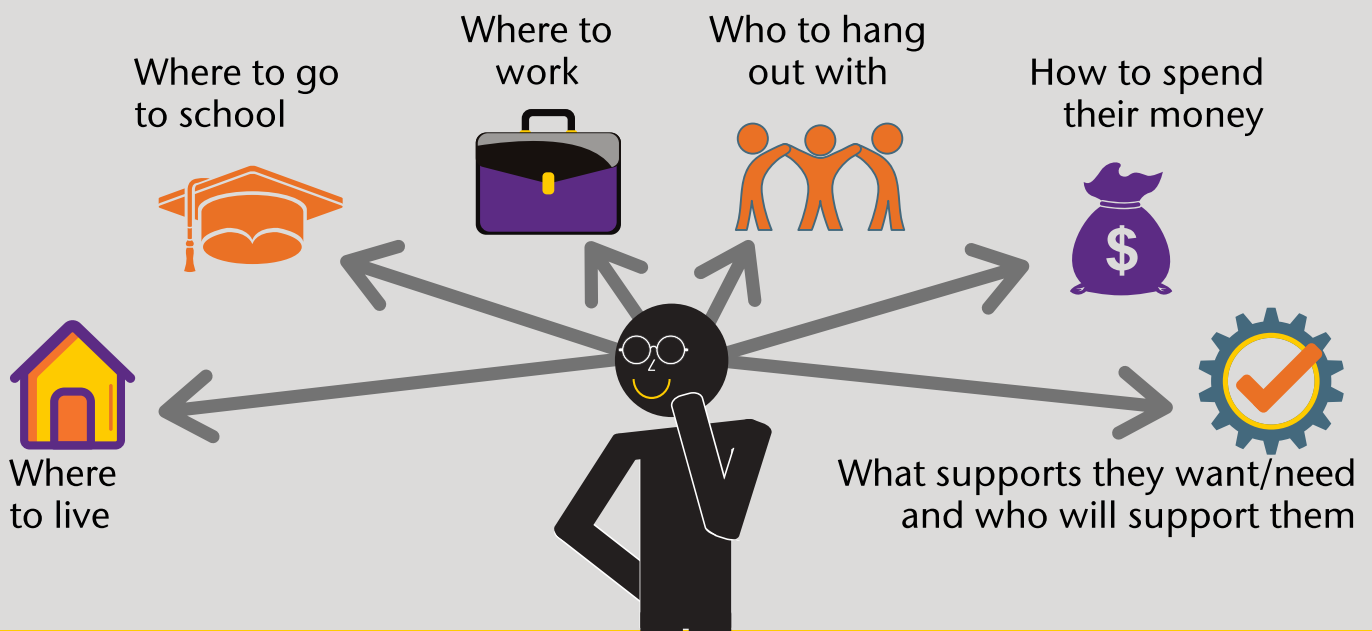
Ready or not!

Your teen is becoming an adult!



It's time for you and your teen to understand their legal rights and discuss how they would like your support when making future decisions.

As an adult, your teen has the right to choose . . .



Your adult child can also . . .



Vote in elections



Choose to practice a religion or not



Enter into contracts



Control all their medical treatment



Make mistakes and learn from them!

Being a Supporter

Most adults ask for help when they have to make a big decision in their life. Your teen may ask for your help. In the end, *it's their decision!*



This is called **Supported Decision Making.**



Start Early!

- Prepare your child now to help them build strong decision-making skills.
- Encourage them to make decisions & choices in their every day life.
- Help weigh options and understand the possible consequences.
- Support your child even if you don't agree with their decision.

Offer Resources

There are many ways to share information needed to make a decision.

- Share your experiences
- List of pros and cons
- Visual cues
- Observing others
- Talking with professionals or trusted individuals
- Internet research / videos



Use Tools

There are simple visual planning tools that may help.

- Decision Making Profile
- LifeCourse™ Exploration Tool



Want more information? Visit:

TheArcOregon.org | LifeCourseTools.com | SupportedDecisionMaking.org

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